

# GARDEN PARTY *Recipes*





From side dishes to accompany what you may have grilling on the BBQ, to the main event made in your Instant appliance - we have selected our favourite Instant Pot and Air Fryer recipes for you to try at home this summer.

'Set it and forget it' has never been so fitting as you can be outside enjoying the sun, while your Instant Pot is doing the work for you in the kitchen!

Please note: Cooking time does not include prep time and pre heating.

*Best served on Corelle Dinnerware... lightweight, chip & crack resistant - perfect for al fresco dining!*

## Discover Amazing

LEMON CHICKEN

GREEK STYLE BEANS & FETA

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WHEAT GRAIN, BLACK BEAN & AVOCADO SALAD

COUCOUS & LENTILS

FRUITY CHICKEN THIGHS



## LEMON CHICKEN

*Time: 25 minutes   Servings: 4   Equipment: Instant Pot*

### INGREDIENTS

1 ½ tsp ground cumin  
½ tsp ground coriander  
½ tsp onion powder  
½ tsp garlic powder  
½ tsp paprika  
¼ tsp black pepper  
½ tsp salt  
  
8 chicken thighs, boneless  
2 tbsp olive oil  
1 medium onion, sliced  
3 garlic cloves, crushed  
1 whole preserved lemon, finely chopped  
100g whole blanched almonds  
140g green olives pitted  
180ml chicken stock  
1 tbsp cornflour + 1 tbsp cold water  
Chopped coriander, for garnish  
Salt and freshly ground black pepper to taste

### INSTRUCTIONS

1. In a bowl, combine cumin, coriander, onion powder, garlic powder, paprika, black pepper and salt.
2. Coat the chicken thighs with the spices and set aside.
3. Select Sauté for 5 minutes and add the oil.
4. Once heated, add the onion and garlic and sauté for 2 minutes stirring regularly.
5. Add the coated chicken, sauté for another 2 minutes, stirring regularly. Then press cancel.
6. Add the whole lemon, almonds, olives and chicken stock, then deglaze the base of the inner pot.
7. Secure the lid and select Pressure Cook and set the time for 10 minutes.
8. When the cooking program has finished, allow for 10 minutes natural pressure release then quick release the remaining pressure. Open the lid and press cancel.
10. Select Sauté again, and mix the cornflour with the water and stir in to thicken. Press cancel.
11. Add the chopped coriander, season with salt and pepper then serve with vegetables, and rice or potatoes.



Recipe & Imagery:  
Graham Sharman



*A delicious  
easy side dish  
to serve with  
whatever you  
may have  
grilling on  
the BBQ!*



## GREEK STYLE BEANS AND FETA

*Time: 55 minutes (+ 10 hours soak time) Servings: 8 Equipment: Instant Pot*

### INGREDIENTS

500g butter beans

2l water

2 tsp salt

60ml extra-virgin olive oil plus  
additional 2 tbsp

1 clove garlic, peeled

1 large onion, finely diced

1 stalk celery, finely diced

400g chopped tomatoes

1 tsp dried oregano

1 tsp black pepper freshly ground

Handful of fresh parsley, chopped

100g feta cheese, crumbled

### INSTRUCTIONS

1. Combine the beans, water, and salt in the Instant Pot, 10 hours before serving and secure the lid.

2. Select Pressure Cook and set the time to 15 minutes, and then select Delay Start and adjust to 10 hours, then press start. The beans will soak for 10 hours in the pot, before the pressure cooking begins.

3. When the cooking program has finished, allow the pressure to release naturally for 15 minutes, then quick release any remaining pressure.

4. Press cancel and open the pot, then ladle out 250ml of the cooking liquid, and set the liquid aside. Then carefully drain the remaining liquid from the inner pot, and leave the beans to one side.

5. Return the now-empty inner pot to the Instant Pot and select Sauté, setting the time for 5 minutes.

6. Add the oil, garlic, onion, and celery and sauté until the onion has softened. Add the drained beans, the reserved liquid, chopped tomatoes, oregano, and pepper and stir well.

7. Use a wooden spoon to deglaze the base of the inner pot, then secure the lid.

8. Press the Cancel button to reset the cooking program, then select Pressure Cook again and set the time to 5 minutes.

9. When the cooking program has finished for the second time, allow the pressure to release naturally for 15 minutes, then quick release any remaining pressure.

10. Ladle the beans into a serving dish. Sprinkle the parsley and feta cheese, then drizzle with the remaining 2 tbsp olive oil, and serve.



# SPICY FETA CORN ON THE COB

*Time: 12 minutes    Servings: 4    Equipment: Vortex Air Fryer or Duo Crisp*

- INGREDIENTS
- 4 corn cobs
  - 2 tbsp butter melted
  - 1/2 tsp chilli powder
  - Salt & pepper
  - 60ml mayonnaise
  - 60g sour cream
  - 70g feta cheese, crumbled
  - 15g chopped coriander
  - 1 lime cut into wedges

- INSTRUCTIONS
1. Place the corn on a large plate or rimmed baking sheet and brush each one with the melted butter. In a small bowl, stir together the chilli powder, salt and pepper, then sprinkle the spice mixture over the corn, rolling to coat evenly.
  2. Select Air Fry and adjust the temperature to 200°C and set the cook time for 12 minutes, then press Start. When prompted to add food, place the corn inside.
  3. Flip the corn over when prompted to Turn Food and continue cooking for the rest of the time.
  4. Meanwhile, in a small bowl, stir together the mayonnaise, sour cream and half the feat cheese with a abit more salt and pepper.
  5. When the cooking time is up, use tongs to carefully transfer the corn to a clean plate or rimmed baking sheet. Brush the corn with some of the sour cream mixture and let rest for 1 minute, allowing the mixture to be absorbed. Brush the corn again with more sour cream mixture, then roll in the remaining cheese.
  6. Serve with the coriander on top, and lime wedges alongside.



# BRISKET SKEWERS

*Time: 44 minutes    Servings: 4    Equipment: InstantPot*

- INGREDIENTS
- 900g flat- or first-cut lean brisket, cut into 1 1/2 inch cubes
  - 1 tbsp mild smoked paprika
  - 1 tsp onion powder
  - 1/2 tsp garlic powder
  - 1/2 tsp table salt
  - 250ml water
  - 100ml liquid smoke

- INSTRUCTIONS
1. Toss the brisket cubes, smoked paprika, onion powder, garlic powder, and salt in a large bowl until the meat is evenly and thoroughly coated. Thread 2-3 cubes onto each of the skewers.
  2. Pour the water and liquid smoke into the cooker. Add the trivet, and place the skewers onto the trivet, then secure the lid.
  3. Select Pressure Cook at set the time to 42 minutes, and make sure that Keep Warm is turned off.
  4. When the cooking program has finished, press cancel instantly and let the pressure release naturally.
  5. Open the lid and remove the skewers.
  6. Using a Vortex Plus, or Duo Crisp or a large cast-iron grill pan, grill the skewers (in batches) until crisp and browned, about 2 minutes, turning occasionally.





## PULL APART PIZZA BREAD

*Time: 21 minutes   Servings: 4-6   Equipment: InstantPot*

### INGREDIENTS

310g plain flour

4 tsp baking powder

1 tsp salt

225g butter, divided

250ml milk

2 tbsp Italian seasoning

1 tsp chilli powder

1/2 tsp garlic powder

225g parmesan cheese, grated

375ml water

120g pizza sauce

### INSTRUCTIONS

1. Spray a Bundt pan with cooking spray and set aside.

2. In a medium bowl, whisk together flour, baking powder, and salt.

3. Cut 115g butter into small cubes and add to the dry ingredients. Use a fork to mix in the butter until dry ingredients are crumbly and about the size of peas.

4. Slowly pour in the milk, mixing until a dough forms, and use clean hands to knead the dough until smooth, about 10 minutes.

5. Pour the dough onto a lightly floured surface and pat into a (10 inch) round. Cut dough up into (1 inch) pieces and set aside.

6. Combine the Italian seasoning, chilli powder, garlic powder, and parmesan in a large bowl.

7. Add the dough into the bowl of spices and gently knead until each piece of dough is coated in spice mixture, then arrange the dough pieces evenly in the greased Bundt pan.

8. Melt the remaining butter and pour on top of the dough.

9. Pour the water into the Instant Pot and add the trivet.

10. Cover Bundt pan with a paper towel and foil. Crimp edges to discourage water from getting inside pan, then create a foil sling and carefully lower Bundt pan into the Instant Pot.

11. Secure the lid and select Pressure Cook and set the time for 21 minutes.

12. When the cooking program finishes, allow the pressure to release naturally for 5 minutes and then quick release remaining pressure. Unlock lid and remove it.

13. Remove Bundt pan using foil sling. Remove foil and paper towel from the top of pan and let cool on a rack 5 minutes.

14. Serve with pizza sauce for dipping.





# INSALATA CAPRESE CHICKEN BOWLS

*Time: 15 minutes   Servings: 4   Equipment: Instant Pot*

## INGREDIENTS

- 250ml water
- 680g boneless, skinless chicken breasts cut into 1 inch cubes
- 400g chopped tomatoes
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 225g mozzarella, cut into chunks
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- Fresh basil leaves, for serving

## INSTRUCTIONS

1. Add the water to the inner pot, then place the trivet inside.
2. Put the chicken on top of the trivet, then pour the chopped tomatoes on top and secure the lid.
3. Select Pressure Cook and set the time to 5 minutes. When timer beeps, let pressure release naturally for 10 minutes, then quick release any additional pressure until float valve drops and unlock the lid.
4. Transfer chicken and tomatoes to four bowls and season with salt and pepper.
5. Add the mozzarella chunks, then drizzle with oil and balsamic vinegar.
6. Garnish with basil. Serve immediately.



# BLACK BEAN BURGERS

*Time: 8 minutes   Servings: 4   Equipment: Vortex Air Fryer or Duo Crisp*

## INGREDIENTS

- 400g can black beans rinsed and drained
- 120g bread crumbs
- 1 small tomato, finely chopped
- 1 egg, beaten
- 1 tbsp chopped garlic
- 1 tbsp chopped chilli
- Salt & pepper
- Burger buns and coleslaw, for serving

## INSTRUCTIONS

1. Using a blender or food processor, add all the burger ingredients and blend until smooth, then shape into 4 burger patties.
2. Select Air Fry and set the temperature to 190°C and time to 8 minutes.
3. Once the air fryer has preheated, and you are prompted to Add Food, spray the patties with oil then place inside the air fryer basket.
4. Flip the patties over when prompted to Turn Food and continue cooking for the rest of the time.
5. When the cooking program has finished, serve in buns topped with coleslaw.





*Don't have a  
BBQ?  
No problem...  
Use your  
Vortex Air Fryer  
instead!*

## MEDITERRANEAN LAMB KEBABS

*Time: 18 minutes (+1 hour refrigeration time) Servings: 4-6*

*Equipment: Vortex or Duo Crisp*

### INGREDIENTS

Marinade for Lamb:

450g Boneless leg of lamb or  
shoulder trimmed and cut into 1" pieces

1 tbsp olive oil

1 garlic clove, finely minced

1 tsp paprika

1 tsp salt

1/4 tsp pepper

1/2 tsp cumin

1 tsp onion powder

1 tsp fresh lemon juice

Vegetables:

1 red pepper, cut into 1" pieces

1 large onion, cut into 1" pieces

1 tbsp olive oil

Salt & Pepper to taste

### INSTRUCTIONS

1. In a large bowl, prepare the lamb marinade by whisking the marinade ingredients together.

2. Add the lamb pieces to the marinade and toss well to fully coat the lamb. Cover with plastic wrap and let sit in the fridge for at least 1 hour.

3. In a separate bowl, prepare the vegetables by adding the peppers and onions to the olive oil, salt and pepper, and toss the vegetables well to fully coat them in the seasoning.

4. Prepare the skewers by threading a mix of lamb, pepper and onion on to each.

5. Select Roast and set the temperature to 200°C and time to 18 minutes.

6. Once the air fryer has preheated, and you are prompted to Add Food, add the skewers to the air fryer.

7. Turn the skewers when prompted to Turn Food and continue cooking for the rest of the time.

8. When the cooking program has finished, serve with your favourite sides..





# CRUSTLESS MEAT LOVERS QUICHE

*Time: 40 minutes   Servings: 4-6   Equipment: InstantPot*

## INGREDIENTS

- 4 slices bacon, chopped
- 150g sausage meat, crumbled
- 2 tbsp oil
- 250ml water
- 6 large eggs, beaten
- 125ml milk
- 1/4 tsp salt
- 1/8 tsp black pepper
- 80g ham, diced
- 2 spring onions, chopped
- 250g grated cheese

## INSTRUCTIONS

1. Select sauté on the Instant pot and add the oil.
  2. Once hot, add the sausage meat and bacon and sauté until cooked and brown then set the one side. Then deglaze the base of the inner pot.
  3. In a deep ceramic dish (18cm for 5.7L cooker, or 20cm for 8L cooker) whisk the eggs with the milk, salt and pepper.
  4. Add the cooked bacon, sausage meat, ham, spring onions and cheese, then stir to combine.
  5. Put the metal trivet in the bottom of the Instant Pot and add the water.
  6. Loosely cover the dish with foil, and carefully lower on top of the trivet.
  7. Secure the lid and select Pressure Cook and set the time for 30 minutes.
  8. When the cooking program has finished, allow the pressure to release naturally for 10 minutes, then quick release the remaining pressure.
  9. Remove the lid and carefully lift out the dish out and remove the foil.
- Optional: Sprinkle the top of the quiche with additional cheese and place under a grill until melted and lightly browned – If you are using Duo Crisp, then you can use the Air Fry function with your Air Fryer lid!



# WHEAT GRAIN, BLACK BEAN & AVOCADO SALAD

*Time: 25 minutes   Servings: 2   Equipment: InstantPot*

## INGREDIENTS

- 60g dried black beans
- 180g wheat grain
- 1L water
- 280g cherry tomatoes
- 2 chopped chillies
- Handful chopped fresh coriander
- 2 tbsp cider vinegar
- 2 tbsp extra-virgin olive oil
- 1 garlic clove, minced
- 1/2 tsp salt
- 1 avocado, peeled and chopped
- Handful of vegan cheese

## INSTRUCTIONS

1. Place the beans and wheat grain in a fine mesh sieve; rinse and drain.
2. Place in the Instant Pot with the water and set to High Pressure for 25 minutes, followed by Quick Pressure Release.
3. Meanwhile, combine the tomatoes, peppers, cilantro, vinegar, oil, garlic, and salt in a large bowl and set aside.
4. Once the Instant Pot has finished, drain the beans and wheat berries in a fine mesh sieve. Run under cold water to stop the cooking process and cool quickly. Drain well.
5. Combine the drained bean mixture with the avocado, vegan cheese and tomato mixture. Toss gently until well coated and serve.







## COUSCOUS & LENTILS

*Time: 13 minutes (+8 hours soaking time) Servings: 4 Equipment: Instant Pot*

### INGREDIENTS

250g green puy lentils

1 onion, diced

2 red or yellow peppers, diced

2 carrots, diced

6 garlic cloves, minced

200g couscous

800ml stock

2 tsp salt

Freshly cracked black pepper

2 bay leaves

Handful of fresh thyme sprigs

To finish:

2 tbsp extra-virgin olive oil

2 tbsp red wine vinegar

Handful of fresh dill, finely chopped

Handful of fresh parsley, finely chopped

15 pitted green olives, sliced

250g cherry tomatoes, halved

Salt & Pepper

### INSTRUCTIONS

1. Soak the lentils in water to cover for 8 hours or overnight. Drain the lentils.

2. Place the soaked and drained lentils, onion, peppers, carrots, garlic, couscous, stock, salt, pepper to taste, bay leaves, and thyme sprigs in the Instant Pot and stir well to combine.

3. Secure the lid and select Pressure Cook and set the cook time to 3 minutes.

4. Once the cooking program has finished, allow the pressure to release naturally for 10 minute, then quick release any remainign pressure.

5. Open the pot and discard the bay leaves and thyme sprigs.

6. Transfer the couscous-lentil mixture to a large bowl and allow to come to room temperature.

7. Add the extra-virgin olive oil, vinegar, dill, parsley, olives, tomatoes, and salt and pepper to taste. Stir to combine and serve.



## FRUITY CHICKEN THIGHS

*Time: 7 minutes (+1 hour refrigeration time) Servings: 4-6 Equipment: Instant Pot*

### INGREDIENTS

#### Fruit salsa:

120g diced peeled pineapple

120g diced peeled mango

100ml fresh lime juice

1 tbsp lime zest

1 large tomato, seeded and diced

1/4 red onion, finely diced

1 avocado, diced

Handful of fresh coriander, chopped

Handful of fresh mint leaves, chopped

1 tsp salt

#### Chicken:

6-8 chicken thighs, boneless

1 tsp salt

1/2 tsp ground black pepper

250ml water

### INSTRUCTIONS

1. In a large bowl, combine the fruit salsa ingredients, then cover and refrigerate for at least 1 hour or up to overnight.
2. Pat chicken thighs dry with a paper towel. Season with salt and pepper.
3. Add the water to the Instant Pot and add the trivet. Place a steamer basket on the trivet and arrange the thighs evenly in the basket, and then secure the lid
4. Select Pressure Cook and set the time to 7 minutes. When cooking program has finished, perform a quick-release pressure.
5. Unlock the lid and remove the chicken.
6. Serve topped with the fruit salsa.





Make mealtimes  
amazing

