



décor[®]
micro●safe[®]

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soup mug

450ml

Please Note

This product is designed for quick microwave reheating of small quantities of food. Avoid using in the microwave for longer than 12 minutes at any one time.

Easy Vegetable Soup

We recommend using the Microsafe® Jug.

Serves 4 (makes 4 x 250ml serves)

Preparation time 8 minutes

Cooking time 10 minutes

Peel and dice or grate:

1 small onion

1 small carrot

1/2 small sweet potato

1 small potato

corn from 1 cob

You need 2 cups of vegetables altogether.

For the best result, cut the vegetables quite small.



Put into jug with 45 grams butter.

Put lid on jug with pourer open.

Microwave on high for 5 minutes.

Stir.

Add 3 cups water and 1 stock cube or 3 cups stock.

Mix in 1 tablespoon tomato paste.

Microwave for another 5 minutes, with pourer open.

Stir.

Microwave again with pourer open until the vegetables are tender (about 5 minutes). Remove from microwave.

Close pourer and let rest for 3 minutes.

Check seasoning.

Note: To make a creamy style soup, puree with a hand-held electric blender through pourer.

Reheat in microwave using the Microsafe® jug with lid on and pourer open or, for individual servings, in the Microsafe® soup mug with lid on and with red steam-release vent open.

Garnish: add a little chopped parsley and grated cheese then top with croutons.

Tomato Soup

A combination of fresh tomatoes (to give texture and a fresh flavour) mixed with canned tomatoes can make a very flavoursome soup, even in winter when tomatoes are not so good. If you want a creamy soup, trickle some cream on top, or, for a Mediterranean taste, add a teaspoon of basil to each soup bowl.

Serves 5 (makes 5 x 250ml serves).

Preparation time 12 minutes. Cooking time 25 minutes. We recommend using the Microsafe® Jug.

2 tablespoons olive oil

30 grams butter

1 onion, very finely chopped

2 cloves garlic, very finely chopped

1 slice ginger, cut into shreds

2 teaspoons honey

500 grams tomatoes, cut into very small pieces

1 can tomatoes (420 grams)

1 tablespoon long-grain rice

2 cups vegetable stock or water with a vegetable cube

Put oil and butter into Microsafe® jug and add onion, garlic and ginger. Stir so they are coated. Put lid on jug with pourer open and microwave for 7 minutes. Remove, add honey and fresh tomatoes with rice and stir. Microwave for 7 minutes. Add canned tomatoes and stock and cook again for a further 8 minutes. Remove from microwave. Close pourer and leave for 10 minutes.

Process or use a hand-held electric blender to make a puree.

Reheat in microwave using the Microsafe® jug with lid on and pourer open or, for individual servings, in the Microsafe® soup mug with lid on and red steam-release vent open.

More simple, quick microwave soup recipes that produce delicious results are available on our website. www.decor.com.au

Decor Microsafe® Soup Mug

The Decor Microsafe® Soup Mug is specially designed for safe and convenient use in the microwave.

The Soup Mug is ideal for reheating individual quantities of prepared soups in the microwave - great for lunches at work and other places where you have access to a microwave.

Before microwaving, ensure the contents in the soup mug is not above the 450ml fill mark on the inside, put the lid on to prevent splatters and click the red vent open to release steam during reheating.

Time needed to reheat the contents will depend on the power of your microwave and the quality of individual ingredients. However, as a guide, when using a 1000-watt microwave, the following times usually apply when filled to the 450ml mark - 2 minutes on high with the red vent open. Remove from the microwave and let rest for one minute. Enjoy.

Care guidelines

Before use, wash your soup mug by hand or in the dishwasher, top rack only. Do not use abrasive materials when hand washing.

Do not use in conventional ovens or on hot plates.

Microwaving foods high in sugar, oil, fat, tomatoes, carrots, broccoli or curries may mark or stain the soup mug, but will not affect its usability.

If staining occurs, applying a paste of baking soda and water and then rinsing thoroughly can help to reduce discolouration.

The red steam release vent on the soup mug can be easily removed from the lid for cleaning.



No anti-bacterial chemicals added.

Quality assurance



Decor uses only the finest quality materials for its products. Decor will replace any product showing a manufacturing defect with the same or equivalent product if it is returned to Decor with proof of purchase.

Decor Microsafe® products are designed and made in Australia.

Decor, Tellfresh circles and Microsafe are registered trade marks of The Decor Corporation Pty. Ltd. ABN 88 004 231 109. Des. Reg. Look for our distinctive circle pattern on the lid.

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