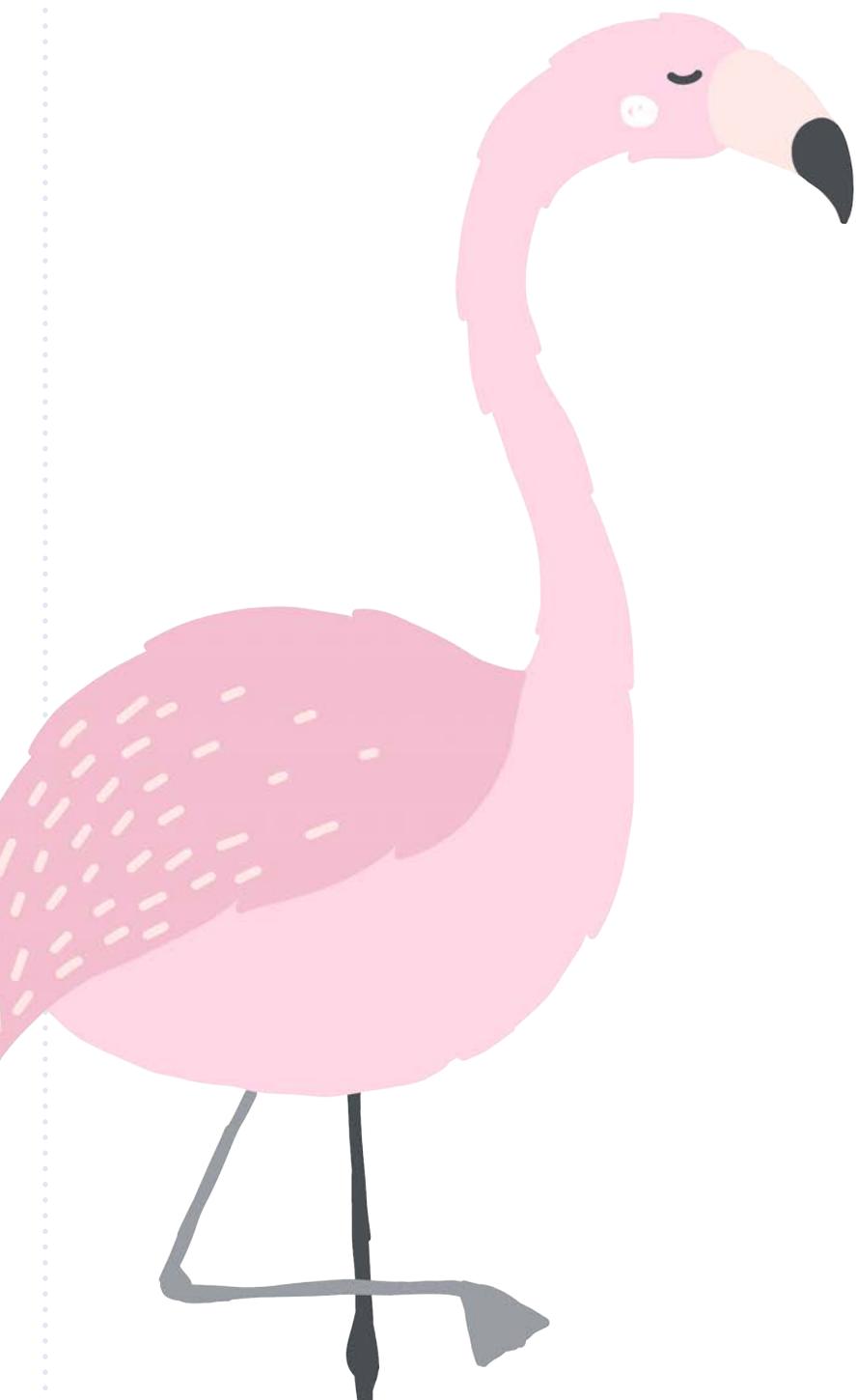


The handy meal guide FOR WHEN BABY COMES HOME.



QUICK, EASY,
HEALTHY RECIPES
+ MEAL IDEAS FOR
YOUR FAMILY.



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Bringing baby home is a momentous and exciting occasion for the whole family.

Tiredness is one of those unavoidable things most women feel in late pregnancy and especially in the first 6 weeks postpartum. Having nourishing meals on hand is crucial in nurturing your body and mind.

In the last few weeks of pregnancy, cooking some simple, warming dishes and popping them in the freezer means that you will love yourself in two months' time.

Let us introduce the **Philips Deluxe All-in-One Cooker**. A slow cooker, pressure cooker and multi cooker all in one, it is straightforward to use and incredibly versatile.

In pregnancy and postpartum there are some nutritional areas to take in to consideration such as iron, fibre and creating warm and nourishing cooked meals.

We have put together three simple recipes using the Philips Deluxe All-in-One Cooker to make any new-mum feel like a *super*-mum.



MOTHERS DAY OFFER

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HEARTY MOROCCAN CHICKEN



SERVES | 6 people



PREP TIME | 10 mins



COOKING TIME |
8 hours low - 4 hours high



FRIDGE STORAGE | 4 days



FREEZER STORAGE | 3 months

INGREDIENTS

2tbs of olive oil
3 chicken drumsticks
3 chicken thighs
1 tsp of dried coriander
1 tsp of ground cumin
½ tsp of cinnamon
½ tsp of paprika
½ tsp of turmeric
3 cloves of garlic diced
1 tsp of diced ginger
1 medium onion diced

1 can of diced tomatoes
1 drained can of chickpeas
1 cup of chicken broth (or water)
1/4 cup of roasted almonds
1/4 cup of diced prunes
1 cup of wholegrain cous cous
1 1/2 cups of boiling water
1/4 cup of sultanas
1/4 cup of fresh coriander
1 tsp of butter
Chilli, salt and pepper to serve

METHOD

1. In a bowl add chicken drumsticks and chicken thighs. Add olive oil, coriander, cumin, cinnamon, paprika, turmeric, diced onion, diced garlic and diced ginger on top. Toss to combine.
2. Use the Philips Deluxe All-in-One Cooker to sauté/sear. When it starts flashing "Maintain" open the lid and add the bowl of chicken. Leave the lid open and stir occasionally for 2 minutes.
3. Add in the canned tomatoes, chicken broth and chickpeas. Stir to combine and then close the lid.
4. Set the slow cooker to either "Slow cook low" for 8 hours or "Slow cook high" for 4 hours, lock the lid and walk away.
5. About 10 minutes before you would like to eat the meal, boil some water and get the sultanas, butter, coriander and cous cous ready.
6. Pour boiling water over cous cous. Cover the bowl with a plate and leave to absorb for 5 minutes. Fork through the cous cous to fluff it up and add the sultanas, shredded coriander and butter. Combine.
7. When the slow cooker is ready, unlock and serve crushed almonds and chopped prunes along with a large spoonful of cous cous.



ENJOY!





WARMING RED LENTIL DAHL



SERVES | 6 people



PREP TIME | 10 mins



COOKING TIME |
8 hours low - 4 hours high



FRIDGE STORAGE | 4 days



FREEZER STORAGE | 3 months

INGREDIENTS

2 tbs of olive oil	2 cups of split red lentils
4 cloves of garlic diced	2 medium white potatoes
1 tsp of diced ginger	½ medium sweet potato
1 medium brown onion diced	1 can of diced tomatoes
2 tsp of turmeric	1 can of coconut milk
1 tsp of cumin	3 cups of vegetable broth
1 tsp of fennel seeds	

METHOD

1. Use the Philips Deluxe All-in-One Cooker to sauté/sear. When it starts flashing "Maintain" open the lid and add in the oil. Heat the oil through for a few seconds and then add in the diced garlic, ginger, onion and spices and heat through for the 2 minutes of sauté. Stir occasionally.
2. Add in the red lentils, chopped potatoes, diced tomatoes, coconut milk and vegetable broth. Stir to combine.
3. Set the Deluxe All-in-One Cooker to either "Slow cook low" for 8 hours or "Slow cook high" for 4 hours, lock the lid and walk away.
4. About 10 minutes before the meal is ready, you can prepare your naan bread or reheat some rice on the stove (that can also be cooked by the Philips Deluxe All-in-One Cooker). When reheating rice, ensure it is cooked to steaming.



EAT UP!





DELISH SHREDDED BEEF TACOS



SERVES | 6 people



PREP TIME | 20 mins



COOKING TIME |
8 hours on low



FRIDGE STORAGE | 4 days



FREEZER STORAGE | 3 months

INGREDIENTS

For the beef:

- 2 tbs of olive oil
- 1.2 kg of beef chuck
- 2 cups of beef or vegetable broth
- 1 medium brown onion diced
- 4 cloves of garlic diced
- 1 tsp of cumin

- 12 soft shell tacos
- 3 tomatoes
- 2 avocados
- 3/4 cup of corn kernels
- 1 1/2 cup of shredded cheese
- 2 1/2 cups of chopped lettuce
- 6 tbs of sour cream
- 1 lime in wedges
- Fetta if desired

METHOD

1. Use the Philips Deluxe All-in-One Cooker to sauté/sear. It will take a few minutes to heat up. When it starts flashing "Maintain" open the lid and add in the olive oil and the beef chuck. Stir occasionally for the 2 minutes.
2. Add in the diced onion, diced garlic and cumin and stir for a minute longer.
3. Set the slow cooker to "Slow cook low" for 8 hours, lock the lid and walk away.
4. Around 20 minutes before you are ready to eat, prepare your ingredients for the tacos. Heat the soft shell tacos in the microwave. Simply dice and prepare the other ingredients in separate dishes or on a platter.
5. Take out the beef from the slow cooker and shred it using a fork and some tongs. Add a little of the juice from the slow cooker to the mixture and pop it on the table to dish into your tacos.



YUM!



FAMILY MEAL IDEAS

We've put together a list of 50 delicious meal ideas that you can cook in the **Philips Deluxe All-in-One Cooker**.

BREKKY BASICS

Apple cinnamon oatmeal
Strawberry jam
Homemade yoghurt
Yoghurt with toasted granola & red fruit

SIMPLE SOUPS

Creamy pumpkin soup
Classic minestrone soup
Cauliflower soup
Chicken soup
Meatball soup
Chicken and barley soup
Lamb shank and vegetable soup

LUNCH DATES

Broccoli & cheese frittata
Zucchini slice
Homestyle bread
Sweet potato salad

FREEZABLE

Spaghetti bolognese sauce
Perfect paella
Lentil dahl
Perfect pesto chicken
Beef ragu
Mushroom risotto
Pork and fennel sausage risotto
Lamb korma
Moroccan-style vegetable stew

FAMILY FAVES

Three-cheese macaroni
Mushroom stroganoff
Whole roasted peri peri chicken
Slow style pork with apple
Lemon chicken
Honey and mustard pork chops
Carbonara spaghetti
Chicken cacciatore
Sausage pasta bake
Green olive, garlic and lemon chicken
Osso buco with mushrooms
Tuna spaghetti
Steamed salmon with green vegetables

ONE-POT WONDERS

Sticky BBQ Ribs
Veggie fried rice
Beef & mushroom stew
Pulled pork
Massaman beef curry

SWEET TREATS

Chocolate brownies
Cinnamon & carrot Slice
Chocolate walnut cake
Old fashioned gingerbread cake
Quinoa & date squares
Banana & berry teacake
Coconut carrot cake
Apple cake

Introducing the **Philips** Deluxe All-in-One Cooker

Up to
\$50
cash back
Terms and
conditions apply



Slow cook, pressure cook and multi cook all in the one machine.

You're looking to make a beef stew, cooking up a whole chicken, making a risotto, making yoghurt or even baking a cake! The Philips Deluxe All-in-One Cooker can help you make the delicious meal of your choice.

MOTHER'S DAY OFFER

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