

# GEORGE FOREMAN®

RECIPE BOOK







# GEORGE FOREMAN<sup>®</sup>

George Foreman is your mealtime friend who can inspire a world of recipes, no matter what the occasion. Whether you are cooking outside your comfort zone or simply short of time, George Foreman helps you eat well more often.

We hope you enjoy our recipe book, packed full of a selection of delicious recipe ideas and serving suggestions – all of which can be prepared on our grills.

The only limitation is your imagination!





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# GEORGE FOREMAN<sup>®</sup>

## LIGHT BITES





# COURGETTE FETA FRITTERS WITH TZATZIKI



## INGREDIENTS

- 4-5 medium courgettes approx. 650-700g
- 1 tsp salt
- ½ white onion, finely diced
- 40g plain flour
- 40g parmesan cheese, finely grated
- 2 cloves garlic, finely chopped
- 100g feta cheese, crumbled
- 1 large free range egg
- Salt and pepper to taste

## For the tzatziki

- 250g Greek yoghurt
- 1 cucumber
- 3 cloves garlic, finely diced
- 1 tsp lemon juice
- 1 tsp chopped fresh mint
- 1 tbsp olive oil
- Salt and pepper to taste

## METHOD

1. For the tzatziki, deseed the cucumber and cut into small dice, approx. ½ cm. Add all ingredients to a bowl and mix. Set aside.
2. For the courgette fritters, grate the courgettes and mix with the salt, place in colander and leave for 10 minutes.
3. Using a clean kitchen cloth squeeze all liquid out of the courgette. Transfer to a large bowl and mix with the onion, flour, parmesan, garlic, feta cheese, egg and seasoning to taste.
4. Divide the mixture into equal amounts and shape into balls.
5. Pre heat the grill, and place the courgette balls on the grill in batches and cook for 6-9 minutes until lightly browned on the outside.
6. Serve with the tzatziki.

SERVES

2-4  
PEOPLE

PREPARATION TIME

5-10  
MINUTES

COOKING TIME

6-9  
MINUTES PER BATCH



# SWEET POTATO HASH BROWNS WITH BACON



## INGREDIENTS

- 8-12 rashers streaky bacon

### For the hash browns

- 2 medium sweet potatoes
- ½ white onion, finely sliced
- 1½ cloves garlic, finely chopped
- 70g corn flour
- 2 tbsp olive oil plus extra for cooking
- Salt and pepper to taste

## TO SERVE

- 4 spring onions, finely sliced
- 150-200ml sour cream

## METHOD

1. Peel and grate the sweet potatoes, rinse in cold water. Drain and squeeze any excess water out of the potatoes using a cloth before transferring the potato to a bowl.
2. Mix in all other ingredients, then divide the mixture into equal amounts (approx. 8) and shape into balls.
3. Pre heat the grill, cook in batches for 8-12 minutes until outside is crispy and golden brown.
4. Cook the bacon for 6-8 minutes.
5. To serve, layer hash browns with 3-4 rashers of bacon, then top with some soured cream and sprinkle with spring onions.

**SERVES**  
**2-4**  
PEOPLE

**PREPARATION TIME**  
**5-10**  
MINUTES

**COOKING TIME**  
**8-12**  
MINUTES





# GRILLED HALOUMI GREEK SALAD



## INGREDIENTS

- 1 block haloumi, cut into 6 slices
- 1 tbsp olive oil
- Salt and pepper to taste
- ½ lemon, cut into 2 circles

## For the Greek salad

- 1 baby gem lettuce leaves
- 10/12 cherry tomatoes, quartered
- ½ cucumber, cut into cubes
- 10/12 Kalamata olives
- ½ red onion, sliced
- 1 ½ tbsp olive oil
- 5-6 basil leaves
- ½ lemon, zest and juice
- Salt and pepper to taste

## METHOD

1. Start off by pre heating your Grey Steel Grill.
2. Brush the haloumi slices with the olive oil and then season.
3. For the Greek salad, combine all the salad ingredients together in a bowl and set aside.
4. Grill the haloumi and lemon circles for 3-4 minutes until golden brown.
5. To assemble, simply top your Greek salad with your grilled haloumi and any other garnish of your choice. Enjoy!

SERVES

2

PEOPLE

PREPARATION TIME

5-10

MINUTES

COOKING TIME

3-4

MINUTES



# BACON WRAPPED STUFFED JALAPENO PEPPERS, YOGHURT DIP



## INGREDIENTS

- 10-12 jalapeno peppers
- 10-12 smoked streaky bacon slices
- 150-200g cream cheese
- 80g cheddar cheese, finely grated
- 1 shallot, finely diced
- ½ tsp smoked paprika
- Salt and pepper to taste

## METHOD

1. Combine the cream cheese and grated cheeses, shallot, paprika and seasoning together.
2. Cut the peppers in half lengthways and scoop out the seeds.
3. Divide the cheese mixture evenly and fill one-half of each of the peppers. Place the other half of each pepper back on top of the filled half of the pepper.
4. Lay out a piece of bacon, then lay a stuffed pepper on one end of the bacon slice and wrap the pepper in the piece of bacon. Repeat this for all the peppers.
5. Pre heat you Small Fit Grill. Cook the peppers in two batches for 6-8 minutes.
6. Serve with a yoghurt - dip we like to use tzatziki.

**MAKES**  
**12**  
PEPPERS

**PREPARATION TIME**  
**15-20**  
MINUTES

**COOKING TIME**  
**6-8**  
MINUTES





# PLANT BASED CHRISTMAS DINNER ON A STICK



## INGREDIENTS

- 8 sprouts, approx. 1-2 cm diameter
- 8 baby carrots
- 8 stuffing balls, approx. 1-2 cm diameter
- 8 plant based nut roast balls, approx. 1-2 cm diameter
- 8 plant based pigs in blankets
- 2-3 tbsp olive oil
- Salt and pepper
- 8 skewers

## TO SERVE

- Gravy
- Cranberry sauce

## METHOD

1. Feed one piece of each ingredient onto one skewer then repeat for all skewers.
2. Pre heat your grill in the 180° flat open griddling position.
3. Brush the skewers with the olive oil all over and then season with the salt and pepper.
4. Place four skewers on each side of the grill and cook for 1-2 minutes.
5. Turn the skewers around slightly and cook for a further 1-2 minutes. Repeat two more times until golden brown and cooked through.
6. Serve with gravy and cranberry sauce.

**MAKES**  
**8**  
SKEWERS

**PREPARATION TIME**  
**10-20**  
MINUTES  
(including marinating time)

**COOKING TIME**  
**6-8**  
MINUTES



# WASABI TUNA STEAK, RICE CAKES



## INGREDIENTS

- 2 x 150-180g sushi grade tuna steaks
- 1 ½ tbsp wasabi paste
- ½ tbsp vegetable oil
- 40-50g wasabi peas, crushed to a crumb
- ½ tsp black sesame seeds
- Approx. 200g cooked sushi/ sticky rice
- One spray of oil to cook, or 1 tsp of oil
- Salt and pepper

## METHOD

1. First, split the cooked rice into two equal amounts and mould into burger shape approx. ½ cm in thickness.
2. Combine the wasabi paste and olive oil. In a separate bowl, combine your wasabi peas and sesame seeds and spread out in a tray.
3. Using kitchen paper, pat dry the tuna steaks. Brush one side with some of the wasabi paste and place into the wasabi pea crumb.
4. Brush the other side of the tuna steaks with the remaining wasabi paste and turn the tuna steaks in the wasabi pea crumb mixture, coating both sides.
5. Open your Flexe Grill to 180° so it is flat and switch-on to pre heat.
6. Spray or brush each side of the tuna steaks before placing them onto one side of your open grill. Repeat this step with the with the rice cakes, placing them on the opposite side of your open grill.
7. Cook the tuna steaks and rice cakes for 3-4 minutes on each side making sure the rice is piping hot throughout – cooking the rice cakes for slightly longer if not.
8. Serve with some salad leaves, soy sauce and wasabi mayonnaise.

SERVES

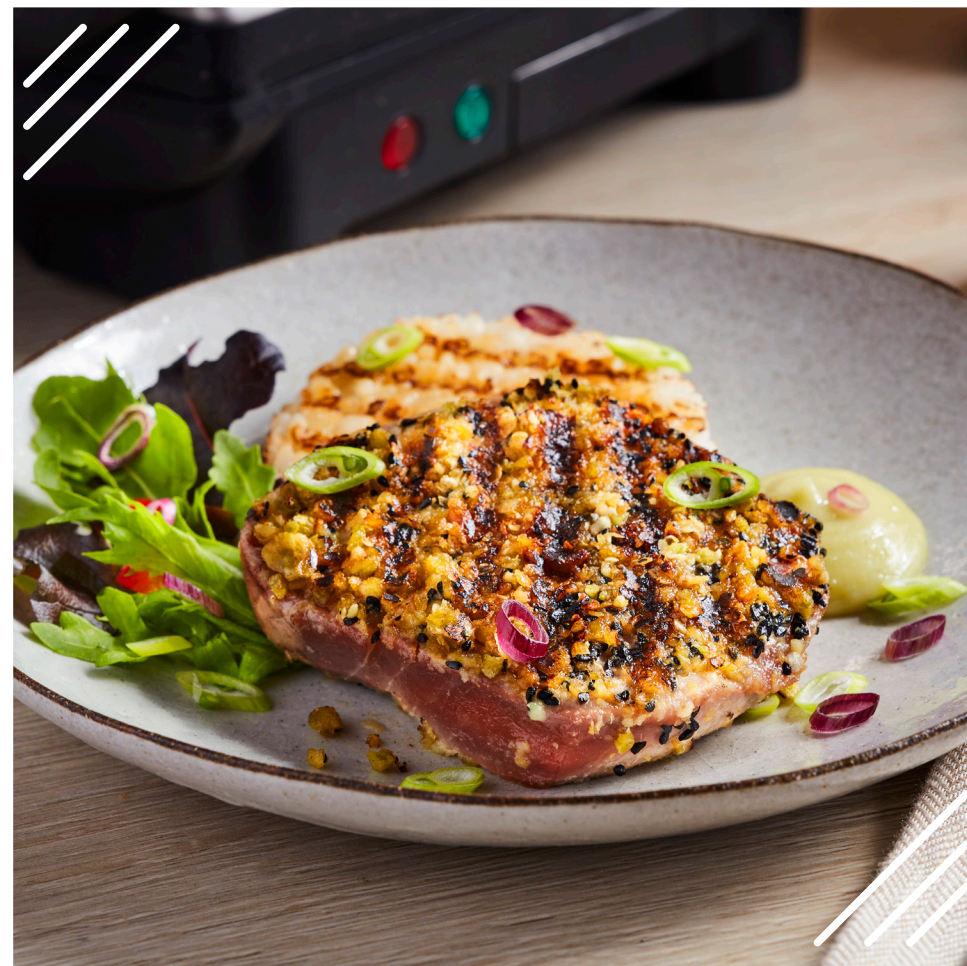
2  
PEOPLE

PREPARATION TIME

5-10  
MINUTES  
(30 minutes including rice preparation)

COOKING TIME

6-8  
MINUTES





# BLACKENED COD, AVOCADO AND CORN SALSA

## INGREDIENTS

- 2 x 180-20g cod portions
- 1 lemon cut in half

### For the spice mix

- ½ tbsp smoked paprika
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper
- ½ tbsp onion powder
- 1 tsp garlic powder
- ½ tsp golden caster sugar
- 1 tsp salt
- ¼ tsp dried oregano
- ¼ tsp basil
- ¼ tsp thyme

### For the salsa

- 1 x cooked sweetcorn kernel cut into 4/6 pieces brushed in olive oil and seasoning
- 10-12 cherry tomatoes cut into quarters
- ¼ bunch coriander, chopped
- ½ avocado, diced
- 1 ½ tbsp olive oil
- 1 lime, juice and zest
- Salt and pepper

## METHOD

1. For the cod, firstly, pat dry the cod with kitchen paper. Score across the skin with a sharp knife approx. 4-6 times.
2. Combine all spices together, before coating both sides of the cod with the spice mix. Set aside.
3. For the salsa, switch-on your Smokeless Grill to pre-heat. Grill the sweetcorn pieces for 6-8 minutes until golden. Remove from the grill.
4. Next, place the cod onto the grill along with the two lemon halves and grill for 3-5 minutes until cod is opaque and just starting to flake.
5. Whilst your cod is grilling, combine the remaining salsa ingredients together. Cut the sweetcorn off the stalk and mix into the salsa.
6. Once the cod is cooked, serve with the salsa, grilled lemon and some salad leaves.
7. Enjoy!

SERVES

2

PEOPLE

PREPARATION TIME

5-10

MINUTES

COOKING TIME

6-8

MINUTES



# AUBERGINE, TOMATO AND PEPPER ROLLS

## INGREDIENTS

- 1 aubergine, long
- 1-2 courgettes
- 2-3 red pointed peppers
- 2-3 tbsp olive oil
- Salt and pepper to taste
- Approx. 200 g chunky marinara style sauce
- 1 small block of feta cheese, crumbled
- Basil leaves to garnish

## TO SERVE

rocket leaves

## METHOD

1. Firstly, top and tail the aubergine and courgettes then slice lengthways in approx. 1 cm thick slices; you should have 4-6 slices of each.
2. For the peppers, cut them in half-length ways and remove the stalk and seeds.
3. Preheat your George Foreman Immersa Grill.
4. Brush the aubergine, courgettes and peppers with olive oil and season.
5. Grill in batches for 4-5 minutes each time until golden brown.
6. To make the rolls, firstly, lay out a slice of grilled aubergine with a piece of courgette laid on top. Next, pop a slice of pepper on top.
7. Roll up your stacked veg and use a cocktail stick to hold it together.
8. Finally, spread some chunky style marinara sauce inside the rolls, followed by a generous sprinkling of feta cheese. Finish with a couple of basil leaves.
9. Repeat with the remaining ingredients.
10. Serve with rocket salad.

**MAKES**  
**4-6**  
ROLLS

**PREPARATION TIME**  
**5-10**  
MINUTES

**COOKING TIME**  
**20**  
MINUTES





# TIKKA MARINATED SALMON BITES



## INGREDIENTS

- 500g salmon, cut into small squares
- 2-3 tbsp tikka paste
- 4 tbsp olive oil
- 6 mini peppers
- 1 courgette, cut into approx. 1 cm circles
- ½ bunch coriander, chopped

## For the mint raita

- 200g yoghurt
- ½ bunch mint, chopped
- ½ lime, juice and zest
- ½ green chilli, finely chopped
- Salt and pepper to taste

## METHOD

1. To marinate the salmon, firstly, combine the tikka paste with 1 tbsp of the olive oil. Brush over the salmon. Cover and refrigerate for 20 minutes.
2. Put the peppers and sliced courgettes into a bowl. Drizzle over the remaining olive oil then season and mix well to ensure all your vegetables are well coated.
3. For the raita, combine all the ingredients in a large bowl and set them aside.
4. Preheat your George Foreman Immersa Grill. Grill the vegetables for 3-4 minutes then remove and set aside.
5. Then it's time to grill the salmon. We recommend grilling this for 3-4 minutes.
6. Serve up your salmon bites and grilled veg with a lemon wedge, mint raita, mango chutney, naan bread and coriander. Enjoy!

SERVES

2

PEOPLE

PREPARATION TIME

5-10

MINUTES

COOKING TIME

6-12

MINUTES





# GEORGE FOREMAN<sup>®</sup>

## MAIN DISHES





# TURKEY AND BLACK BEAN BURGER



## INGREDIENTS

- 750g turkey mince
- 1 x 400g tin black beans, drained and lightly crushed
- 1 red onion, finely diced
- 2 cloves garlic, finely chopped
- 1 red pepper, deseeded and finely diced
- ½ tsp ground cumin
- ½ tsp paprika
- Salt and pepper to taste

## METHOD

1. Mix all ingredients together. Divide the mixture into 6 equal amounts and mould into burger shapes.
2. Pre heat the grill to 5. Lightly brush the burgers with olive oil and grill for 5-8 minutes. Turn the burgers and grill for a further 4-6 minutes until cooked through and the juices run clear.

## GARNISH SUGGESTION

Cajun mayonnaise, avocado, lettuce, tomato

SERVES

6

PEOPLE

PREPARATION TIME

10-15

MINUTES

COOKING TIME

9-14

MINUTES



Serving suggestion:  
sweet potato fries

# FALAFEL PITAS, TOMATO SALSA

## INGREDIENTS

- 6-8 mixed mini peppers, cut in half, seeds removed
- 1 tbsp olive oil
- Salt and pepper to taste

### For the falafels

- 1 400g tin chick peas, drained, finely chopped (we like to use a mini chopper for this)
- ½ red onion, finely diced
- 2 cloves garlic, finely diced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp chilli paste
- 1 lemon, zest
- ¼ bunch flat leaf parsley, finely chopped
- ¼ bunch coriander, finely chopped
- 50g plain flour
- 1 tbsp olive oil
- Salt and pepper to taste
- Tomato salsa
- Coriander yoghurt
- Coriander leaves

### For the tomato salsa

- 10-12 cherry tomatoes, cut into quarters
- 1 lime, zest and juice
- 1 tsp chilli paste
- 2 tsp olive oil
- ¾ coriander sprigs, finely chopped
- Salt and pepper to taste

## TO GARNISH

- Red and white cabbage, shredded
- Grated carrot

## TO SERVE

- 4 pitas, cut open

## METHOD

1. For the tomato salsa, combine all the ingredients together in a bowl and mix well. Set aside until ready to use.
2. Combine all the falafel ingredients in a large bowl and mix well. Mould into 8/12 equal amounts and mould into a ball shape and squash slightly so a small burger shape is formed.
3. Turn on your Red Steel Grill to pre heat.
4. Mix the mini peppers with the olive oil and seasoning. Grill the falafel for 3-4 minutes and the peppers for 3-4 minutes until golden brown.
5. Before serving, we like to lightly toast our pitas on the grill for 30 seconds to a minute.
6. Time to serve! Start off by putting some garnish into the pita, then stuff it with some of your falafel and some peppers. Top this off by drizzling your pitta with some salsa, yoghurt and a sprinkle of coriander leaves.
7. Enjoy!

MAKES

4  
PITAS

PREPARATION TIME

15-20  
MINUTES

COOKING TIME

4-6  
MINUTES





# CHICKEN SATAY WITH ASIAN GREENS

## INGREDIENTS

- 2 chicken breasts, skinless and boneless
- 1 lime, juice and zest
- 20g fresh ginger, peeled and finely grated
- 1 tbsp honey
- 1 tbsp soy sauce
- ½ red chilli, deseeded and finely chopped
- 12 wooden skewers, soaked for 10 minutes in cold water

## For the satay sauce

- 1 x 400ml tin coconut milk
- 3 tbsp crunchy peanut butter
- 3 tbsp water
- 1 tbsp sweet chilli sauce
- 1 tsp soy sauce

## For the Asian greens

- 2-3 pak choi, cut into quarters
- Sprouting broccoli
- Mange tout
- Sesame oil
- Roasted sesame seeds

## METHOD

1. For the skewers, mix together the lime, ginger, honey, soy sauce and chilli.
2. Cut each chicken breast into 6 strips. Mix the chicken strips into the marinade, cover and leave to marinate for at least 1-2 hours.
3. For the satay sauce, put all ingredients in a pan and heat gently, stirring regularly. Simmer for 1-2 minutes.
4. Feed the chicken strips onto the skewers in an 'S' shape. Pre heat the grill, cook the skewers for 6-8 minutes until cooked through and the juices run clear.
5. For the Asian greens, toss the greens in some sesame oil and season. Grill for 3-5 minutes depending on size and then sprinkle with the sesame seeds.

**SERVES**

4-6

PEOPLE

**PREPARATION TIME**

10-15

MINUTES  
(+ 1-2 hours to marinade)

**COOKING TIME**

10-15

MINUTES



# ROASTED COD WITH CHORIZO AND HOT NEW POTATO SALAD

## INGREDIENTS

- 2 x 200-250g cod fillet portion
- ½ chorizo ring, cut in half lengthways
- 1 bunch watercress to serve

### For the hot new potato salad

- 6-8 new potatoes, boiled in salted water until almost cooked through
- 1 tbsp grain mustard
- 1-2 spring onions, finely sliced
- Olive oil
- ¼ bunch fresh flat leaf parsley, finely chopped

### For the tomato dressing

- 1 shallot, finely diced
- ½ tsp tomato puree
- 2 tomatoes, deseeded and chopped
- 2 tsp sherry vinegar
- 2 tbsp olive oil
- Salt and pepper

## METHOD

1. For the dressing, heat 1 tsp of the oil in a small pan and cook the shallots until soft - approx. 2-3 minutes - without colouring. Add the tomatoes and cook for a further minute. Add the tomato puree and cook for a further minute. Add the remaining ingredients and set aside.
2. For the hot new potato salad, boil the potatoes in salted water until almost cooked through. Drain the potatoes and refresh, then drain again before drying on kitchen paper.
3. Pre heat the grill. Cut the potatoes in half lengthways and toss in olive oil and seasoning. Cook on the grill until golden and cooked through. Then mix with the remaining ingredients.
4. For the chorizo and cod, brush with a little oil and season, cook on the grill for 4-5 minutes then remove. For the fish brush with a little olive oil and season, cook on the grill until the fish starts to flake, approx. 8-12 minutes depending on shape and size.
5. To serve, arrange the cod, chorizo, potato salad on plates. Spoon a little of the dressing over the cod and garnish with the watercress.

SERVES

2

PEOPLE

PREPARATION TIME

10-15

MINUTES

COOKING TIME

30

MINUTES





# KOREAN CHICKEN THIGHS

## INGREDIENTS

- 1 head cauliflower
- 2-3 tbsp olive oil
- 2 tsp tikka spice mix
- ½ lemon, juice
- Salt and pepper to taste

## For the sauce garnish

- 1 red pepper, de-seeded, cut into triangles
- ½ onion, cut into wedges
- ½ butternut squash, peeled and sliced approx. 1cm thick pieces
- 2-3 tbsp olive oil
- Salt and pepper to taste
- ½ 450g jar tikka masala curry sauce
- ½ bunch coriander chopped
- ½ 400g tin chickpeas

## METHOD

1. For the garnish: pre-heat the grill. Brush the olive oil on the pepper, butternut squash and onion, then season. Grill each vegetable until cooked through. Red pepper approx. 3-5 minutes. Butternut squash approx. 8-10 minutes. Onion approx. 4-6 minutes.
2. Place the grilled vegetables in a saucepan along with the tikka masala sauce and chickpeas. Gently heat, and then stir in the coriander.
3. Remove the outer leaves of the cauliflower head; trim the stem end level so you can set the cauliflower flat on a chopping board. Carefully cut the cauliflower into 2 large steaks. Save the trimmings for another day.
4. Combine the olive oil, tikka spice mix, lemon juice and seasoning together. Brush the mix on both sides of the 2 steaks, set aside to marinate for 20 minutes.
5. Pre-heat the grill. Place the cauliflower steaks on the grill and cook for 8-12 minutes until golden brown.
6. Serve with naan bread or chapatti.

SERVES

2-4  
PEOPLE

PREPARATION TIME

45  
MINUTES  
(including marinating time)

COOKING TIME

8-12  
MINUTES



**Serving suggestion:**  
egg fried rice, fried egg

# TOFU BURRITO BOWL



## INGREDIENTS

- 2 blocks firm tofu, sliced into 8
- 3 tsp Cajun spice mix
- 4 tbsp olive oil
- 2-3 mini peppers, seeds removed and cut into small pieces
- Salt and pepper

## GARNISH SUGGESTIONS

- 500g cooked rice, combined with juice and zest of 2 limes, ¼ of the coriander and seasoned
- 1 x 400g black beans, drained, seasoned and mixed with 1 tbsp olive oil
- Approx. 500g tomato salsa
- 200- 250g sweetcorn
- 2 avocados, crushed
- ½ bunch coriander, chopped
- 2 x spring onion, sliced
- 3 limes, 1 cut into 4 wedges for garnish

## METHOD

1. For the tofu, firstly combine the Cajun spice mix and 2 tbsp of the olive oil together. Now, brush both sides of the tofu with the spice mix. Cover the tofu in a bowl and refrigerate for at least 20 minutes.
2. In the meantime, combine the peppers with the remaining olive oil and season.
3. When ready to cook, switch on your Large Fit Grill to pre heat. Cook the peppers and tofu for 3-5 minutes then set aside.
4. Build up the burrito bowl using a garnish of your choice, before topping with the grilled tofu and peppers.
5. Enjoy!

**SERVES**

4  
PEOPLE

**PREPARATION TIME**

30  
MINUTES  
(including refrigeration time)

**COOKING TIME**

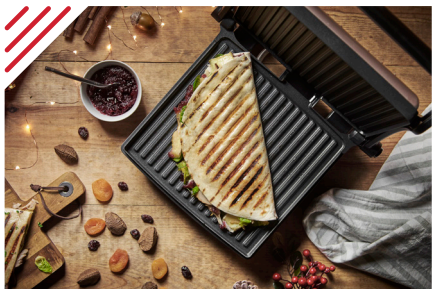
5- 10  
MINUTES



**Serving suggestion:**  
egg fried rice, fried egg



# CHRISTMAS QUESADILLA



## INGREDIENTS

- 2 tortilla wraps
- 4-6 slices cooked turkey, shredded
- 3-4 sprouts, leaves
- 1 x brie, sliced
- Approx. 200g grated mozzarella
- Cranberry sauce

## METHOD

1. Lay the tortilla wraps out flat on a flat work surface. Spread cranberry sauce over the whole tortilla wrap.
2. Next, divide the shredded turkey equally between the two tortillas and lay over half of each tortilla.
3. Then divide the sprout leaves and put on top of the turkey followed by the brie and mozzarella.
4. Season with salt and pepper and fold the half of the tortilla with only cranberry sauce over the top of the other half.
5. Pre heat your grill, then place the quesadillas onto the grill and close the lid. Grill for 3-6 minutes until golden brown and crisp.
6. Remove from the grill and cut each quesadilla into three pieces.

SERVES

2

PEOPLE

PREPARATION TIME

5-10

MINUTES  
(including marinating time)

COOKING TIME

3-6

MINUTES



# BOXING DAY BUBBLE AND SQUEAK



## INGREDIENTS

- 4-6 rashers smoked streaky bacon
- 2 free ranges eggs

## For the bubble and squeak

- Approx. 400g left over roast potatoes, crushed
- Approx. 400g mashed potato
- ½ red onion, finely diced
- 6-8 sprouts, shredded
- 3-4 carrots, chopped small
- ¼ bunch flat leaf parsley, chopped
- 6-8 chives, finely chopped
- Salt and pepper to taste

## METHOD

1. For the bubble and squeak, add the ingredients in a bowl and mix well.
2. Divide the mixture into 4 equal amounts and mould into burger shapes.
3. Pre heat your grill in the 180° flat open griddling position.
4. Brush or spray the bubble and squeak with oil and place onto the grill. Cook for 4-6 minutes until golden brown then turn and cook for a further 4-6 minutes.
5. In the meantime, lay the bacon on the grill and cook until browned and crispy, approx. 3-4 minutes.
6. Once the bubble and squeak and the bacon are cooked, remove from the grill.
7. Make sure the grill is flat and slowly crack an egg on each side and cook until ready.
8. To serve, place the bubble and squeak on a plate topped with the bacon and fried egg.

SERVES

2

PEOPLE

PREPARATION TIME

10-15

MINUTES

COOKING TIME

5-10

MINUTES





# CAJUN CHICKEN WINGS WITH MINI PEPPERS



## INGREDIENTS

- 10 chicken wings
- 1 ½ tsp Cajun spice mix
- 2 tbsp olive oil
- 1 tbsp honey
- ½ lemon, juice
- 6-10 mini peppers

## For the Cajun spice mix

- 3 tsp smoked paprika
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- ½ tsp dried thyme

## METHOD

1. Combine the olive oil, Cajun spice, honey and lemon juice together in a bowl. Add the chicken wings and coat evenly with the marinade. Cover and refrigerate for 20 minutes.
2. Pre heat the grill. Place the chicken wings on the grill in 2 lots of 5 wings, close the lid and cook for 10-14 minutes or until the juices run clear.
3. Cook the peppers on the grill for 2-3 minutes until soft.
4. Serve with soured cream and sliced spring onions.

**SERVES**  
**3-4**  
PEOPLE

**PREPARATION TIME**  
**30**  
MINUTES

**COOKING TIME**  
**10-14**  
MINUTES



**Serving suggestion:**  
soured cream, spring onions

# SATAY CHICKEN SKEWERS

## INGREDIENTS

- 4 chicken breasts, boneless and skinless

### For the marinade

- 1 tbsp honey
- 2 tsp light soy sauce
- 1 lime juice
- 3 cloves garlic, finely crushed
- 1 tbsp curry powder

### For the satay sauce

- 1 400g tin coconut milk
- 3 tbsp peanut butter
- ½ red chilli, finely chopped
- 2 tsp brown sugar
- 2 tbsp light soy sauce
- ½ tsp chilli powder

## TO GARNISH

- Sliced cucumber
- Sliced red chilli

## METHOD

**Tip:** soak your wooden skewers in water for 20-30 minutes before using them to prevent them from burning when cooking.

1. Firstly, cut each chicken breast into equal-sized cubes. Divide the chicken and feed onto the skewers.
2. For the marinade, in a bowl combine the honey, soy sauce, lime juice, crushed garlic and curry powder.
3. Coat the chicken skewers thoroughly with the marinade, then cover with cling film and refrigerate for at least 20 minutes.
4. In the meantime, for the satay sauce, add the coconut milk to a saucepan and heat gently. Next, add the peanut butter, chilli, brown sugar, light soy sauce and chilli powder and slowly bring to a boil, stirring continuously.
5. To cook, preheat your George Forman Immersa grill. Once it is hot, place the marinated skewers on the grill and cook for 8-12 minutes until cooked through and the juices run clear.
6. Garnish with the sliced cucumber and chilli and serve with the satay sauce. Tuck in!

SERVES  
2-4  
PEOPLE

PREPARATION TIME  
10-15  
MINUTES

COOKING TIME  
8-12  
MINUTES





# GRILLED TOMATO, COURGETTE AND RICOTTA FLATBREAD



## INGREDIENTS

- 2 flatbreads
- 1 courgette, cut into approx. 1 cm circles
- 2-3 mini peppers, cut in half and seeds removed
- 1 punnet cherry tomatoes
- 1 red onion, sliced into circles approx. ½ cm thick
- 2 tbsp olive oil
- Salt and pepper to taste
- 1 tub ricotta cheese
- Rocket leaves

## METHOD

1. Firstly, in a bowl add the olive oil and seasoning then mix. Then add the courgette circles, mini peppers, tomatoes and red onion, and toss these all together ensuring all the veg is coated.
2. Pre heat your George Foreman Immersa Grill. Once heated, grill the vegetable for 3-5 minute, remove and set aside. We'd recommend grilling the vegetables in batches to ensure even grilling and optimal flavour!
3. Grill the flatbreads for 1-2 minutes.
4. Now to build your flatbread. First you need to lay each of the warm flat breads on a plate and spread your flatbreads with the ricotta cheese.
5. Next step is to divide the grilled courgette, mini peppers, onion and tomatoes between the flat breads.
6. Finally, top with rocket leaves, drizzle with a little olive oil and some cracked black pepper. Serve and enjoy.

SERVES

2  
PEOPLE

PREPARATION TIME

5-10  
MINUTES

COOKING TIME

20  
MINUTES





# GEORGE FOREMAN<sup>®</sup>

## DESERTS





# GRILLED AMERICAN DOUGHNUTS



## INGREDIENTS

- 2-4 ring doughnuts

## METHOD

1. Pre-heat the grill to maximum.
2. Place the doughnuts on the grill, close the lid and heat for 1-2 minutes.
3. Remove and serve with Chantilly cream and fresh strawberries.

**SERVES**  
**2-4**  
PEOPLE

**COOKING TIME**  
**1-2**  
MINUTES



**Serving suggestion:**  
Chantilly cream, fresh strawberries

# PANETTONE AND MINCEMEAT TOASTIE



## INGREDIENTS

- 2 slices panettone bread
- 2-3 spoons mincemeat filling, room temperature
- Oil/ butter spray

## TO SERVE

- 2-3 scoops ice cream

## METHOD

1. Pre heat your grill.
2. Lay one slice of panettone down flat and cover with the mincemeat filling.
3. Lay the other slice on top. Spray both sides with oil/ butter spray.
4. Place on the grill and grill for 1-2 minutes until golden brown.
5. Serve hot with the ice cream.

SERVES

1-2  
PEOPLE

PREPARATION TIME

5  
MINUTES

COOKING TIME

1-2  
MINUTES







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