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roast 1 program 50 min at 200 c turn over throughout the cooking method prepare the ingredients slice the leek dice the potato and crush the garlic pre heat your cook4me pot and add oil brown leeks for 1 minute then add garlic and rosemary stir constantly add remaining ingredients and stir well to combine pressure cooking time 10 min mash or blend until smooth season to taste and serve very easy difficulty 10 min prep time 3 min cook time ingredients 1 tsp of sunflower oil 200 g of chopped onion 600 g of diced boneless chicken breast or thighs 140 g of tikka curry paste 283 g jar 2 tbsp of tomato purée 150 ml of water 100 ml of double cream or natural yogurt preparation add oil youtube tefal cook4me app hundreds of recipes in your pocket tefal australia 17 3k subscribers subscribed 60 23k views 5 years ago hundreds of step by step easy and quick recipes tefal s cook4me is an intelligent gadget that takes the stress out of cooking and speeds everything up think of a slow cooker but quicker you throw everything in and it ll work its magic and you won t even need any of your own recipes 21 tefal cook4me recipes uk chicken tikka masala cook4me recipe 13 min boneless chicken breast tikka curry paste double cream tomato sunflower oil no reviews quick chicken risotto with the tefal cook4me for 4 chicken breasts 30 basil pesto arborio rice olive oil whiskey the original comics series

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stock no reviews no stir risotto that cooks in just 6 minutes with tefal cook4me discover more recipes here tefal com au cook4me pressure cooker multi cooker 1 red pepper deseeded diced 1 teaspoon smoked paprika good pinch of saffron 750ml chicken stock made up with 2 chicken stock cubes or 1 2litres of water 3 cubes if cooking in a regular large pan 300g paella rice a wedge of lemon each set the tefal cook4me to cook bacon leek risotto for 4 people we re just telling it a porky pie 16 5k subscribers 11 6 6k views 6 years ago more get slow cooked beef massaman curry in under an hour using a tefal cook4me pressure cooker view the full recipe video 8 good quality pork sausages 100 g 1 large chopped onion 100 g 1 diced red pepper 400 g can of mixed beans drained 400 g can chopped tomatoes 100 g 2 large carrots diced 2 sprigs fresh thyme 2 sprigs fresh rosemary 150 ml red wine 1 tsp sugar instructions pour the oil into the cook4me if using otherwise heat in a large saucepan brown the onions and chicken then add the rice and stir to coat add the rest of the ingredients and secure the lid until cooked serve and garnish with coriander click here for a downloadable pdf tefal cook4me recipes quick and easy chicken risotto made in the tefal pressure cooker perfect for midweek family meals very easy difficulty 10 mins prep time 3 min cook time ingredients 400 eggs the original comics series

beans 400 g onion sliced 600 g chicken thigh fillets chopped 1 3 cup tikka curry paste 2 tbs tomato paste 250 ml thickened cream 2 tbs coriander chopped 4 cups steamed rice to serve preparation 2 people 10 min preparation and 3 min cooking time cook 4me step by step pre programmed recipes cooked in minutes intelligent multicooker that cooks for you ttefal notice cook4me en indd lefal notice cook4me en indd 1 110 03 14 12 100 03 14 12 10 16 5k subscribers subscribed 311 41k views 4 years ago travelling through hong kong justine had the most delicious sticky beef noodles and this is her version of it in this recipe justine starter 2 4 6 arborio rice 100 g 200 g 300 g passata 100 g 200 g 300 g pitted black olives roughly chopped 1 tbsp 2 tbsp 3 tbsp bacon diced natural or smoked 75 g 150 g 230 g 1 8 photo armando rafael beat the clock dinners these quick cooking recipes prove it s possible to whip up dinner in just 15 minutes flat keep all 7 in your back pocket for the nights

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entrees snacks 06 spicy beef chilli on warm burritos in a bowl combine the beef onion garlic chilli tabasco sauce and spices and mix thoroughly set the minut cook onto the browning setting

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this recipe requires the cook4me extra crisp lid accessory prepare the ingredients brush the chicken with olive oil and lemon thyme all over rub the thighs with garlic and lemon season to taste add the chicken to the bowl install the extra crisp lid and start the roast 1 program 50 min at 200 c turn over throughout the cooking

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method prepare the ingredients slice the leek  
*2023-09-12* *6/14* aliens 30th anniversary the original comics series

dice the potato and crush the garlic pre heat your cook4me pot and add oil brown leeks for 1 minute then add garlic and rosemary stir constantly add remaining ingredients and stir well to combine pressure cooking time 10 min mash or blend until smooth season to taste and serve

## **chicken tikka masala cook4me recipe tefal uk Oct 19 2023**

very easy difficulty 10 min prep time 3 min cook time ingredients 1 tsp of sunflower oil 200 g of chopped onion 600 g of diced boneless chicken breast or thighs 140 g of tikka curry paste 283 g jar 2 tbsp of tomato purée 150 ml of water 100 ml of double cream or natural yogurt preparation add oil

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cooker

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1 red pepper deseeded diced 1 teaspoon smoked paprika good pinch of saffron 750ml chicken stock made up with 2 chicken stock cubes or 1 2litres of water 3 cubes if cooking in a regular large pan 300g paella rice a wedge of lemon each set the tefal cook4me to cook bacon leek risotto for 4 people we re just telling it a porky pie

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8 good quality pork sausages 100 g 1 large chopped onion 100 g 1 diced red pepper 400 g can of mixed beans drained 400 g can chopped tomatoes 100 g 2 large carrots diced 2 sprigs fresh thyme 2 sprigs fresh rosemary 150 ml red wine 1 tsp sugar instructions pour the oil into the cook4me if using otherwise heat in a large saucepan

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brown the onions and chicken then add the rice and stir to coat add the rest of the ingredients and secure the lid until cooked serve and garnish with coriander [click here for a downloadable pdf tefal cook4me recipes quick and easy chicken risotto made in the tefal pressure cooker perfect for midweek family meals](#)

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very easy difficulty 10 min prep time [aliens 30th anniversary the original comics series](#)  
cook time ingredients 100 g green beans 400 g  
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onion sliced 600 g chicken thigh fillets  
chopped 1 3 cup tikka curry paste 2 tbs tomato  
paste 250 ml thickened cream 2 tbs coriander  
chopped 4 cups steamed rice to serve  
preparation 2 people 10 min preparation and 3  
min cooking time

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years ago travelling through hong kong justine  
had the most delicious sticky beef noodles and  
this is her version of it in this recipe  
justine

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starter 2 4 6 arborio rice 100 g 200 g 300 g  
passata 100 g 200 g 300 g pitted black olives  
roughly chopped 1 tbs 2 tbs 3 tbs  
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diced natural or smoked 75 g 150 g 230 g

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