



Cooking Tips

- For the Microwave steamers place water in the base of the steamer below the colander so food is not sitting in the water. Whenever you stop the microwave to monitor cooking check the water level and top up if required.
- Thick-skinned foods like potatoes, squash and tomatoes trap steam during cooking, so pierce the skins before cooking to allow steam to escape.
- If you are cooking a variety of vegetables, arrange 'tougher' vegetables like carrots, cauliflower, potato etc, toward the outside of the plate and more tender ones like peas, mushroom, capsicum etc, in the centre so they finish cooking at the same time.
- To ensure food cooks fully and evenly, cut your meats and vegetables in uniform sizes and make sure there is some space between food to help steam to circulate.

Take care

- Before microwaving, clip the lid onto the container to prevent food splatters and click the vent open to release steam during cooking. After removing from the microwave, leave the vent open while the food is hot. If storing container in the fridge or freezer close the vent.

- Easy lift handles are moulded into the lid to allow you to safely pick up the lid after cooking. Beware food continues to cook when removed from the microwave by the heat generated within it. So always take standing time into account.

Freezing

- Containers can become stiff after freezing. We recommend you allow the container to rest for a few minutes or run under warm water before microwaving.

Cleaning

- Some foods, like tomato-based sauces or curries can stain containers. Before cooking spray your container with non-stick cooking spray or oil to help reduce the risk of staining. If staining does occur, we recommend applying a paste of baking soda and water and then rinsing thoroughly, this can help reduce the stain. Stained product will still be food safe to be used again and again.

Do not use Sistema Microwave products:

- In a conventional oven or on a hot plate
- Under the grill
- On the stove
- In a convection microwave ovens using convection settings
- Do not use for popping corn

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MICROWAVE