

Microwave Meals in A Mug 4 Ways

For the rice:

Sevres 4 mugs

Ingredients:

1 cup Spekko rice

2 cups water

Recipe:

1. Add the rice and the water to a medium/large microwave-safe bowl.
2. Cover with a plate and steam in the microwave for 18 minutes on high, until fully cooked.
3. Fluff the rice with a fork.

Serving suggestion 1 – Barbeque Chicken:

Ingredients:

2 tbsp barbeque sauce

1 tsp mixed peppers, diced

1/3 cup shredded rotisserie chicken

Salt and pepper, to taste

Chopped chives, for the garnish

Recipe:

1. Add the cooked rice ($\frac{1}{2}$ - $\frac{2}{3}$ cup) to a microwave-safe mug.
2. Add the chicken, the diced peppers and the barbeque sauce and season.
3. Mix it all together, cover with a small side plate and steam in the microwave until warmed through, 2-3 minutes.
4. Top with the chopped chives and enjoy straight from the mug!

Serving Suggestion 2 - Carbonara:

Ingredients:

1/3 cup sandwich ham, cut into small squares

1-2 tbsp cream cheese

2 tbsp white cheddar, grated

Salt and pepper, to taste
Chopped chives, for the garnish

Recipe:

1. Add the cooked rice (1/2 - 2/3 cup) to a microwave-safe mug.
2. Add the sandwich ham, cream cheese, 1 tbsp of the grated cheese and season to taste.
3. Mix it all together, cover with a small side plate and steam in the microwave until warmed through, 2-3 minutes.
4. Garnish with the leftover grated cheddar cheese and fresh chives and enjoy straight from the mug!

Serving suggestion 3 – Asian-Inspired Fried Rice:

Ingredients:

1/3 cup mixed frozen veg (peas, carrots, corn)
1 egg, whisked
1-2 tbsp soy sauce
Sliced spring onion, for the garnish

Recipe:

1. Add the cooked rice (1/2 - 2/3 cup) to a microwave-safe mug.
2. Add the frozen veg, egg and soy sauce and mix together.
3. Cover with a small side plate and steam in the microwave until warmed through, 2-3 minutes.
4. Garnish with sliced spring onion and enjoy straight from the mug!

Serving Suggestion 4 – Cheesy Broccoli:

Ingredients:

1/3 cup small broccoli florets, frozen
2 tbsp cheddar cheese, grated
Chopped parsley, for the garnish

Recipe:

1. Add the broccoli florets to a large mug, cover with a small side plate and microwave for 4-5 minutes.

2. Remove the broccoli from the microwave and empty into a small bowl.
3. Add the cooked rice (1/2 - 2/3 cup) to a microwave-safe mug.
4. Fluff the rice with a fork.
5. Add the cooked rice to the broccoli along with 1 tbsp of the cheese.
6. Mix it all together, cover with a small side plate and steam in the microwave until warmed through, 2-3 minutes.
7. Top with the remaining cheese, garnish with chopped parsley and enjoy straight from the mug!