



Instant Pot Instant Vortex™

# COOK *in an instant*

Your Ultimate Pressure Cooker & Air Fryer Starter Guide

## EVERYTHING YOU NEED TO KNOW!

- ✓ Yummy recipes
- ✓ Expert tips
- ✓ Cooking guides



MEALS, SNACKS +  
TREATS IN A FLASH!

**25** easy,  
quick recipes your  
family will love

Roast Lamb  
& Potatoes  
with  
Chimichurri  
pg 16

FOR MORE INSIDER SECRETS



SHOP NOW



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## VICKI'S TOP 5 TIPS

Vicki Sleet shares her insider secrets – plus her go-to family favourite Risotto recipe (see p9)

- 1 Woolies marinated chicken wings** cooked in the Vortex at 202°C for 8 minutes are heaven! Buy double what you think you need – they'll all be eaten!
- 2 If you have starving teens to feed,** you need Vortex hot chips in your life. Buy frozen frying chips (not the oven ones), and let the kids cook them themselves when they say, 'Mooooom, I'm hungry!'.
- 3 The Pulled Chicken is a lifesaver for entertaining** (see our recipe on page 6) – everyone loves a DIY Tex-Mex style supper. It also makes a delicious sandwich filling.
- 4 Now that I have my Instant Pot,** I'll never make a stovetop soup again. I just press the Soup button and the Pot does all the work.
- 5 Gammon! Trust me when I say this** – once you've made gammon in the Instant Pot you will never make it any other way. 1 onion + 1 carrot + your spices + 1 gammon + 1.5 litres of Coke or Ginger Beer at 45 minutes – and that is it!



# Instant Attraction



Are you in a relationship with your Instant Pot or Air Fryer? It seems many of you are – and if you're not we can guarantee that once you get to grips with your first few recipes, you will be! So, welcome to our first Instant Pot + The Village collab!

We realised last year when so many of you started sharing your insider tips on living with an Instant Pot (definitely a lockdown love for so many of you) and your desire to go steady with the the wildly popular Vortex Air Fryer, that we needed to bring you something dedicated to the incredible Instant Pot brand.

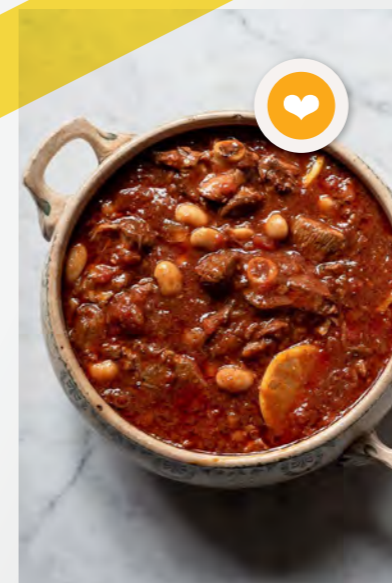
We've created 22 pages of insider tips, hacks and advice (thank you Village Instant Pot fans for your steady stream of info) plus 25 recipes – for both your Instant Pot and Vortex. From easy peasy air fried Cauliflower Bites (definitely keto friendly) to ribsticking Beef Stew 2 Ways and the very best Chicken Biryani in town. There are vegetarian recipes to try, super-quick snacks, family-friendly suppers and moreish treats – you have to try Di Bibby's Milktart Cheesecake, it's sensational!

Enjoy living your best #InstantPotLife – and let us know what you're cooking up too, we'd love to give them a try!

Love from Vanessa, creator, owner and niceness ninja of The Village and FOMO + Vicki, editor FOMO



## VANESSA'S HUG IN A POT!



I'm one of those people who will always choose comfort food over healthy options. I'm definitely a stew, not salad gal! As winter is around the corner, I'm going to recommend my favourite local hug in a pot: Tomato Bredie. I actually followed the Official Instant Pot Bredie and Beans recipe... so I can't claim it as my own, but I love it, nonetheless. It's a hearty, perfect-for-winter casserole that goes a long way and you pop into the Instant Pot and forget about it – my kind of dish! It's here, if you are tempted. [Lamb Knuckle Bredie with White Beans](#)

**My tip? BE TEMPTED!** My second tip? Do not leave the honey out. In a pathetic attempt to make the big, decadent, hearty meal more healthy, I left it out once, and regretted it dearly. This is a meal to indulge in, to dive into in front of a fire, with a great whacking big glass of red. NO holding back. Enjoy!

– Vanessa Raphaely, card-carrying Instant Pot fan club member!

Instant Pot

# Instant Pot Magic

Amazing tricks and fabulous foolproof recipes to try in your go-to gadget



**INSTA HACK**  
Steam clean your Instant Pot naturally by running your pot on the Steam function for 5 minutes with 1 cup of water, 1 cup of vinegar, and a few slices of lemon.



**DID YOU KNOW?** If you're making a pasta dish (and to make sure it's perfectly cooked) always place the uncooked pasta on top of the ingredients and gently push into the liquid, before pressure cooking.



Cooked Inc.'s Immune-Boosting

## Chicken Noodle Soup

**HOT TIP**  
Use fresh or frozen chicken pieces (a free-range carcass adds healthy collagen too)

Local social media star **Mariam Jakoet-Harris of Cooked Inc.** is an Instant Pot whizz and her hearty soup is a family favourite!

**Prep time:** 15 minutes  
**Cook time:** 20 minutes  
**Serves:** 4 to 6

**Ingredients**  
1 Tbsp olive oil, ½ medium onion, 2 ribs of celery, 3 carrots, 3 cloves garlic, 300g chopped chicken, ½ tsp each dried thyme, turmeric, 1 tsp freshly grated ginger, 150g dried pasta, 1 litre good quality chicken broth, 500ml water

**Method**  
Set your Instant Pot to Sauté (high) and allow it to heat up. Add the olive oil along with your veggies, herbs and spices and sauté for 5 min. Add chicken, pasta, broth, and water. Season with salt. If you're using a store-bought stock as your broth, decrease the amount of salt.

Place the lid on. Cancel the Sauté function. Pressure Cook on high for 10 minutes, allow for a 3-minute Natural Pressure Release then release the remaining pressure manually.

**Serve with:**  
Freshly cracked black pepper, flat-leaf parsley, and a squeeze of lemon juice.

**INSTA FIX**

Thicken any soup or stew by combining 1 Tbsp cornflour with 2 Tbsp water. Stir in after the pressure cook cycle then set to Sauté on low for 5 mins.

You Said...



**LYNDE-LEE OPPERMAN**

"I am now the proud owner of an Instant Pot. And I am so so happy, it really is a dream machine. I pop the ingredients in, pour a glass of wine and chat to the hubster and teenage rugrat until the machine beeps. I have yet to make a flop..."



**HOT TIP**  
If your beans come out a little al dente, simply set them to Pressure Cook for a few more minutes.



delicious cold too!

# Boujéé Butter Beans

**Humble beans are given a gourmet boost thanks to Jess Levin from Culinary Cartel!**

**Prep time:** 5 minutes  
**Cook time:** 1 hour  
**Serves:** 2 to 3

**Ingredients**  
**For the beans:** 1 cup dried butterbeans, 3 cups water, ½ onion and ½ garlic clove, 1 bay leaf, 1 Tbsp olive oil, 1 tsp salt, ½ tsp rosemary/thyme

**For the rest:** 1 punnet cherry tomatoes, 3 Tbsp parsley chopped, 2-3 slices sourdough bread, 40g packet rocket,

½ clove garlic minced

### Method

Place the dried beans, water, onion, garlic, bay leaf, and oil into the inner pot. Place the lid on, select Pressure Cook on High, and cook the beans for 50 minutes. Allow them to do a Natural Pressure Release for 10 minutes.

While the Instant Pot is undergoing the release, toast your sourdough. Halve tomatoes and stir through olive oil, tomatoes, parsley and garlic into beans. Spoon beans onto toast, top with rocket and black pepper.



## SPICED PULLED CHICKEN

**Serve this Mexican-inspired meal with tacos, nachos, salad or over Vortex baked sweet potatoes!**

**Prep time:** 30 minutes  
**Cook time:** 20 minutes  
**Serves:** 4 to 6

### Ingredients

8 boneless chicken thighs or breasts, 1 medium onion chopped, 2 cloves garlic crushed, 2 Tbsp olive oil, 1 Tbsp smoked paprika, 1 tsp each ground coriander, ground cumin and garlic powder, salt, juice of 1 lime, black pepper

### Method

Combine olive oil, paprika, coriander, cumin, garlic powder and salt. Rub over chicken and marinade for at least 20 mins. Set the Instant Pot to Sauté, brown the chicken on each side, remove from the pot and set aside. Add onions and garlic and Sauté then return chicken to the pot. Add the lime juice and ½ cup of water. Set to Pressure Cook on High for 12 mins. When the cooking is complete, allow the Instant Pot to do a Natural Pressure Release. Use forks to shred the chicken and serve as desired.



## 2 Ways Best Beef Stew

**HOT TIP**  
Dairy cooked under pressure can curdle - so hold off on stirring cream into your alfredo or stroganoff until after everything has cooked and pressure is released.

### 1. BEEF STEW WITH SPRING VEGGIES

**This recipe results in all the flavour of a slow-cooked stew, but done in less than an hour thanks to Instant Pot!**

**Prep time:** 15 minutes  
**Cook time:** 25 minutes  
**Serves:** 4

**Ingredients**  
500g beef cubes, 2 Tbsp olive oil, salt & pepper, garlic powder, 2 leeks, 1 carrot, 1 onion chopped,

2 cloves garlic crushed, fresh thyme, 1 tsp Bovril, ½ cup beef stock, 3 bay leaves, ½ cup peas.

### Method

Season the beef with salt pepper & garlic powder. Sauté with 1 Tbsp of olive oil until brown then remove from the Instant Pot. Sauté the onion, garlic, thyme, leeks and carrot. Return the beef to the pot. Add the Bovril, beef stock and bay leaves. Place the lid on the pot and set to Pressure Cook for 25 mins. Allow a Natural Pressure Release. Check the seasoning.

**PENNY WISE**

Affordable cuts like beef shin also work well for these recipes. Take your Pressure Cook time up to 35 minutes for seriously succulent results.



### 2. MEDITERRANEAN BEEF STEW

**This one-pot, super easy Mediterranean Beef Stew is packed with flavour and perfect served on its own or on rice or mashed potatoes.**

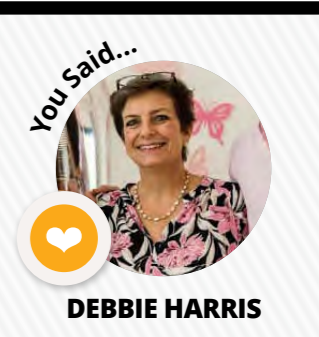
**Prep time:** 15 minutes  
**Cook time:** 25 minutes  
**Serves:** 4

### Ingredients

500g beef cubes, 1 tsp paprika, salt & pepper, 1 onion sliced, 2 cloves garlic crushed, 1 red pepper cubed, 2 Tbsp tomato purée, 1 tin chopped peeled tomato, ¼ cup each red wine and beef stock, 3 Tbsp parsley chopped, 2 cloves garlic crushed, zest 1 lemon, ¼ cup pitted green olives.

### Method

Season the beef with salt, pepper and paprika. Sauté in the Instant Pot until brown then remove from the pot. Sauté the onion, garlic & peppers. Return the beef to the pot and add the tomato puree and tinned tomato. Allow to simmer for 1 min then add stock and red wine. Put on the Instant Pot lid and set to Pressure Cook for 25 mins. Allow a Natural Pressure Release. Mix the chopped parsley, garlic, lemon zest and green olives together. Sprinkle over the stew and serve.



You Said...

**DEBBIE HARRIS**

Try the latest internet sensation recipe. Air fry a punnet of mixed cocktail tomatoes with 2 pieces of feta, 2 cloves garlic, salt, pepper and olive oil for 25 minutes. Stir with a fork and add fresh basil leaves and cooked pasta.



The longer you marinate, the more the flavour develops!

**THE BEST CHICKEN BIRYANI**

**Bring this delicious dish to your table in minutes! Your guests will never know that you didn't spend hours at the stove – the Instant Pot does all the work!**

**Prep time:** 15 minutes, plus marinating (minimum of 30 mins)  
**Cook time:** 5-10 minutes  
**Serves:** 4 to 6

**Ingredients**

**Marinade**  
 1 cup double cream plain yoghurt, 2 tsp each garam masala, turmeric and chilli powder, 1 Tbsp each grated ginger and minced garlic, ¼ cup each chopped fresh mint leaves and coriander, 2 Tbsp lemon juice, 1 tsp salt, 800g deboned, skinless chicken pieces (thighs, drumsticks or chicken breasts) cut into large 4cm pieces.

**Method:** Mix marinade and add chicken pieces. Coat evenly and refrigerate for at least 30 minutes.

**Remaining Ingredients:**  
 3 Tbsp ghee or neutral oil, 2 large onions, finely sliced into half moons, 1 tsp garam masala, 2 bay leaves, 2 cinnamon sticks, 2 cups long

grain Basmati rice, 1 cup pre-soaked (min 6 hours) green or brown lentils (or 1 tin of cooked lentils added at the end), 2 tsp salt, 2 cups / 500ml water

**Method:**

Turn the Instant Pot to Sauté and push again to More. Once the Hot sign displays, add 2 Tbsp of ghee or oil and add onions and garam masala. Cook, stirring frequently, for 10 mins or until the onions are golden brown and well caramelised. Remove half of the caramelised onions and keep aside for garnishing the biryani.

Turn the Sauté function to Less and add the other 1 Tbsp of ghee or oil to the inner pot. Add the bay leaves, cinnamon sticks, marinated chicken and all of the marinade. Stir well and sauté for 2-3 minutes. Deglaze the inner pot well using a spatula, making sure nothing is sticking to the bottom. This is an important step that will prevent the possible Burn signal during pressure cooking. Push Cancel. Drain the pre-soaked lentils and rice. Mix them together.

Spoon the lentil and rice mix gently over the chicken in an even layer. Sprinkle over 2 tsp

**HOT TIP**

Pour water evenly over the ingredients, pushing rice mix gently down, but **DO NOT** stir before the Pressure Cook cycle

of salt, pour the remaining water evenly over the rice and around the sides of the inner pot. Make sure the rice and lentils are submerged by giving the pot a gentle shake. Do not stir.

**For chicken breasts or boneless thighs** – Secure the lid, move the Sealing Vent up and select Pressure Cook, adjust time to 4 minutes. Allow a 5 min Natural Release and then Manually Release the remaining pressure.

**For chicken on bone** – Secure the lid, move Sealing Vent up. Select Pressure Cook and adjust the time to 6 minutes. Allow a 5 min Natural Release and then Manually Release the remaining pressure.

Once the pin drops, open the Instant Pot. Fluff the layer of rice and lentils with a fork. Switch to a rubber spatula and then gently mix them together with the chicken.

Garnish with the remaining caramelized onions and fresh coriander. Serve with raita and lemon wedges.



**RAITA**

\* 2 cups double cream plain yoghurt, ½ onion finely diced, 2 tomatoes diced, ½ tsp salt, ¼ cup coriander, roughly chopped  
**Method:** To make the raita, combine all ingredients in a bowl and whisk well. Set aside in the fridge until serving.



**Easiest Ever**  
**Mushroom Risotto**

**'I make this risotto once a week without fail – no mess, no fuss and always gobbled up!' says Vicki Sleet, writer, editor and Cook in an Instant co-producer.**

**Prep time:** 5 minutes  
**Cook time:** 6 minutes  
**Serves:** 4 to 6

**Ingredients**

1 cup Arborio rice, 1 onion chopped, 2tbsp oil, 150g mushrooms chopped, 2 cups stock,

fresh thyme, dried herbs, salt, pepper

**Method**

Set Instant Pot to Sauté, add oil and chopped onion, fry until translucent. Press Cancel, add rice and stir to coat, add stock, herbs, salt and mushrooms. Seal and cook on High Pressure for 6 minutes. When cooking is complete, turn vent for Quick Pressure Release. Open pot, stir and serve.

**DID YOU KNOW?**

**NPR** - Natural Pressure Release - do nothing, let the pressure release on it's own. **QPR** - Quick Pressure Release - manually move the vent or push button down to release the steam and pressure.

**PIMP YOUR INSTANT POT RISOTTO**



\* Keep it plant based by adding a cup of raw pumpkin with the mushrooms



\* Serve with grated fresh Parmesan, toasted seeds and chopped fresh herbs



\* Sauté 100g diced bacon at the same time as onions

# Chocolate Torte

**Flourless and fabulous, this silky yet fudgy tart is a guaranteed crowd pleaser. Recipe thanks to Jessie Shehan from Food52.**

**Prep time:** 30 minutes  
**Cook time:** 1 hour 10 min  
**Serves:** 8

**Ingredients**  
150g cubed butter, 160g 70% dark chocolate roughly chopped, 2 Tbsp high quality dark cocoa powder, plus more for garnish, ½ tsp sea salt, 100g white sugar, 100g light brown sugar, 2 tsp pure vanilla extract, 4 XL eggs, at room temperature.

**Method**  
Pour 250ml water into the inner pot and insert the trivet. Line an 18cm or 20cm springform tin with baking paper and grease with non-stick spray.

Combine the butter, dark chocolate and cocoa powder in a heat-proof bowl over a pot of simmering water and stir until melted. Add the salt and both sugars to the warm chocolate and whisk to combine.

Crack the eggs into a small bowl for ease and then gently whisk the eggs into the mixture one at a time. Add the vanilla and mix slowly. You do not want to create air bubbles.

Scrape the batter into the prepared tin (18cm). Cover the tin tightly with a sheet of tinfoil. Make a little foil sling with folded tinfoil to easily lower the



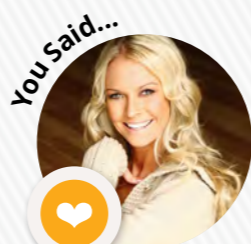
cake onto the trivet. Fold the tinfoil handles down over the tin.

Secure the lid and seal the vent. Select Pressure Cook to High and set the cooking time for 60 minutes. Let the steam naturally release for 10 minutes and then Quick Release the remaining pressure. Open the pot and lift out the torte using the foil sling. Remove the tinfoil, being very careful not to pour any of the condensation on to the torte.

Let the torte cool slightly and then run a paring knife around the sides of the tin and release the springform. Leave the torte on the base and then place in the fridge for a few hours.

Once cool, invert it onto a plate and remove the bottom of the baking tin and the baking paper. Invert again onto a serving platter or cake stand.

Dust with a generous amount of cocoa powder and serve with crème fraîche and berries.



**TZARA JOHNSTON**

*Throw your snackwich maker/panini press AWAY. Do your toasted cheese zunk or any filling you fancy in the Air Fryer - best toastie ever.*

## MILKTART CHEESECAKE

**Di Bibby is one of South Africa's foodie darlings and with good reason - her recipes are all showstoppers. You'll love this nostalgic milk tart cheesecake.**

**Prep time:** 45 minutes  
**Cook time:** 90 minutes  
**Set in fridge:** 4-6 hours (best overnight)  
**Serves:** 10

**Ingredients**  
**Base:**  
200g coconut biscuits, 3 Tbsp ground almonds, ½ tsp mixed spice, 1tsp ground cinnamon, 90g butter, melted

**Filling:**  
250g each medium fat cream cheese and ricotta at room temperature, zest of 1 lemon, 2 tsp vanilla extract, ½ tsp ground cinnamon, pinch of salt, 110g castor sugar, 5 tsp lemon juice, 4 tsp corn flour, 2 eggs plus 1 yolk, lightly whisked with a fork to combine, ground cinnamon, for finishing.

**Cinnamon and Rum Caramel:**  
110g castor sugar, 4 Tbsp butter, 125ml cream, 2 Tbsp rum, pinch sea salt flakes

**Method**  
**To make the base,** grease an 18cm loose-bottomed cake tin or springform pan with butter. Wrap the outside of the tin with foil to ensure it is water tight.

Place the biscuits, ground almonds and spices in a

processor. Blitz until fine. Add the melted butter and pulse to combine. Tip the biscuit mixture into the tin and press firmly up the sides (about 4cm deep) and over the base.

**Tip:** Freeze the base for at least 30 minutes to firm up.

**For the filling,** place the cream cheese, ricotta, lemon, vanilla, cinnamon and salt in a mixing bowl. Beat until smooth and creamy, about 2-3 minutes. Add the sugar, lemon juice and corn flour and beat well to combine. Fold the eggs in gently, just until they are incorporated. Do not overmix as it will aerate the mixture. Pour the filling into the biscuit-lined tin. Cover the top with a sheet of foil and tuck around the rim to seal.

Pour 250ml water into the Instant Pot fitted with the stainless-steel inner pot. Place the Trivet on the base. Lower the filled cake tin carefully onto the trivet. Lock the lid. Select the Pressure Cook or Cake program on High Pressure and set the timer to 45 minutes. Once the cooking time is up, use the Natural Pressure Release method for 10 minutes, then Quick Release any remaining pressure.

Lift the cheesecake out and place on a wire rack. Remove the foil and blot the surface gently with a paper towel to absorb excess moisture. Cool to room temperature. Chill in the fridge for several hours until set or overnight.

For the caramel sauce, place the castor sugar in a saucepan set over a medium high heat.

Without stirring, swirl the sugar until it's completely melted. Once the caramel is a deep amber colour, carefully add the cream. Boil on a high heat until the caramel is dissolved and the sauce is thickened, about 5 minutes. Add the rum and salt. Set aside to cool.

To un-mould, run a smooth blade knife around the edges. Transfer to a cake stand and drizzle with the cooled caramel and dust lightly with ground cinnamon.

**HOT TIP**  
Use berries or flowers to mend a not-so-perfect cheesecake top and don't be shy - more is more.



### INSTA FIX

*When making any cheesecake, room temperature ingredients are key. This includes the cream cheese, ricotta, and eggs*

# Vortex Smarts

Instant Vortex™

Mouthwatering ideas and easy recipes for your multitasking maestro



## Try this...

### PERFECT ROAST CHICKEN

Set Vortex to Airfry for 60 minutes at 180°C; Start with the chicken breast down and cook for 40 mins. Turn and finish off for last 20. Rest for 15 mins.



## DID YOU KNOW?

Traditional non-stick sprays contain soya lecithin which may damage the non-stick coating. Rather fill a spritz bottle with avocado or olive oil and coat ingredients before air frying.

Light Meals



# Cauliflower Bites

Serve with a salad or add to your mezze platter.

**Prep time:** 10 minutes  
**Cook time:** 12 minutes  
**Serves:** 4

### Ingredients

1 head of cauliflower, ½ cup flour, 2 eggs, 1 cup breadcrumbs, 1 tsp chopped parsley, ¼ tsp each fresh thyme leaves and paprika, salt, zest 1 lemon, 2 Tbsp grated Parmesan, ½ tsp chilli flakes, 1 Tbsp olive oil.

### Method

Cut the cauliflower into bite-size florets. Mix the breadcrumbs, herbs, paprika, salt, lemon zest, chilli and Parmesan together. In a separate bowl, whisk the eggs. Toss the cauliflower in flour then dip into the egg mix then

coat in the crumbs. Drizzle the crumbed cauliflower with olive oil.

Set the Vortex to Air Fry at 180°C for 12 mins. Once it has heated and signals to "add food", place cauliflower inside the basket. Halfway through cooking, the Vortex will beep and prompt you to turn the cauliflower – give the basket a shake and resume cooking.

Serve with garlic & herb dip.



### Garlic & herb yoghurt dip

\*Mix 1 cup plain yoghurt, 1 crushed clove garlic, pinch chilli flakes, ¼ cup chopped mixed herbs, black pepper



## STUFFED BAKED POTATOES

Delicious on their own, or as a side with roast chicken.

**Prep time:** 30 minutes  
**Cook time:** 20 minutes  
**Serves:** 4 to 6

### Ingredients

4 medium size potatoes, salt & pepper, 1 Tbsp olive oil, 1 onion chopped, 1 clove garlic crushed, 6 mushrooms chopped, 2 spring onions chopped, 1 Tbsp parsley, ½ cup grated cheddar, 5 Tbsp butter.

### Method

Wash the potatoes and rub with olive oil, salt and pepper. Pierce the skin with a fork and place in the Vortex drawer. Push Bake at 180°C for 12 mins, turning halfway through. In a pan or Instant Pot sauté onions and garlic until soft. Add the mushrooms and cook until soft. When the potatoes are cooked allow to cool slightly then cut in half. Scoop out 2 Tbsp of the potato and mix with the mushroom mixture. Add herbs and seasoning. Place 1 Tbsp of butter onto each potato shell. Scoop the filling mixture into each shell, top with cheese and return to the Vortex tray and Bake at 180°C for 3-5 mins.

## You Said...



### SONIA DE BEER

"Busy doing samosas for the first time for the kids. First time I've seen Air Fryer instructions under cooking instructions on a label!"



## 2 Ways Mushrooms

Mushrooms are rich in B vitamins, making them both delicious and brain boosting!

Prep time: 15 minutes Cook time: 35 minutes Serves: 4

### STUFFING 1

#### Ingredients

5 large brown mushrooms, 2 Tbsp butter, 1 Tbsp olive oil, 1 onion chopped, 2 cloves garlic crushed, 1 tsp mixed herbs, 1 Tbsp fresh parsley chopped, ¼ cup grated cheddar or Parmesan, 30 ml breadcrumbs.

#### Method

Remove the stalks from 4 mushrooms. Chop the stalks and remaining mushroom into small pieces. Top each mushroom with 1 tsp of butter. Heat the remaining butter in a pan or Instant Pot on Sauté with the olive oil. Sauté the onion, garlic & mixed herbs until soft. Add mushrooms and cook until tender. Add the fresh parsley. Place this mushroom and herb mixture on top of each large mushroom. Sprinkle over the grated cheese and then breadcrumbs. Lower mushrooms carefully into the Vortex. Set the Vortex to Bake at 180°C for 8 mins

until cheese has melted and breadcrumbs are golden brown!

### STUFFING 2

#### Ingredients

4 brown mushrooms, 2 Tbsp butter, 1 Tbsp olive oil, ½ onion chopped, 1 clove garlic, 3 cups baby spinach chopped, salt & pepper, ¼ cup feta, pinch of grated nutmeg.

#### Method

Place 1 tsp of butter on each mushroom. In a pan or Instant Pot on Sauté heat the remaining butter with the olive oil. Sauté the onion and garlic until soft. Add the spinach and nutmeg and stir until spinach has wilted. Remove from heat and pour off excess liquid. Season with salt and pepper. Stir in the crumbled feta. Top each mushroom with spinach and feta mix. Lower mushrooms carefully into the Vortex. Set the Vortex to Bake at 180°C for 8 mins until feta is melting and mushrooms are sizzling!

## SWEET POTATO FRIES

Here is the perfect chip that's both delicious and healthy – seasoned and cooked to perfection in the Instant Vortex air fryer!

Prep time: 5 minutes Cook time: 8-10 minutes Serves: 4 to 6

#### Ingredients

4 sweet potatoes, 1Tbsp olive oil, ½ tsp each salt, garlic powder, paprika, generous ground of black pepper, pinch of chilli powder

#### Method

Wash the sweet potatoes well and cut them into fries about 1cm in width (skin on). Place the sweet potatoes in a bowl, add the remaining ingredients and toss. Make sure the sweet potatoes are well coated in the spice mix.

Set the Instant Vortex to Air Fry at 200°C for 8 mins. Once Vortex beeps, "add food", place the fries in the basket. The Vortex will also beep to prompt you to toss and turn the fries halfway through cooking.

Serve while hot with your favourite dip or as a wholesome side dish.



Crammed full of vitamin A!

## Popcorn Chicken

Love deep-fried chicken but dread the mess and oiliness? Try this family-friendly winner chicken dinner (make extra for lunchboxes).

Prep time: 20 minutes Cook time: 10 minutes Serves: 4 to 6

#### Ingredients

½ cup corn-starch, 2 Tbsp smoked paprika, 1tsp each onion powder, mustard powder, garlic powder, 4 skinless chicken breasts, salt, to taste, 125ml buttermilk, 3 cups cornflakes, crushed, olive oil or canola oil spray

#### Method

Slice chicken breasts into 3-4cm cubes. Season generously with salt and set aside. Whisk together corn-starch, paprika, onion powder, mustard powder and garlic powder. Dredge chicken in corn-starch mixture, shaking off the excess. Dip chicken in buttermilk, allowing excess to drip off.

Finally toss chicken in cornflakes to coat all over.

Lightly spray the Vortex basket with oil and place half of the chicken in a single layer in the basket and lightly spray. Air Fry at 202°C for 10 minutes.

### DRIED FOOD DIY

Save money and minimise waste by setting the Vortex to Reheat at 57°C for 1-2 hrs to dehydrate left over herbs and fruit.



### SHAKE IT UP

Foods that can stick (think chicken wings, bacon, fries and crumbed chicken) will need a shake half way through cooking.



### Honey & mustard dipping sauce

\* Mix 60ml each honey, Dijon mustard, Greek-style yoghurt, 1 Tbsp lemon juice, pinch of salt.

You Said...



ANGELA REA

"Wow...it's AMAZING!!! You can put a whole chicken and roast potatoes in it in one go."





**Chimichurri**  
 \* 2 Tbsp each fresh mint and fresh parsley chopped, 2 cloves garlic minced, ¼ tsp chilli flakes, 1 tsp sea salt flakes, 1Tbsp lemon juice, 2-3 Tbsp olive oil. Combine all the ingredients and serve as a dipping and drizzling sauce.

# Roast Lamb & Potatoes with Chimichurri

An old school classic gets a modern twist — the large Vortex basket makes it an all-in-one meal.

**Prep time:** 30 minutes  
**Cook time:** 30-40 minutes  
**Serves:** 6

**For the lamb:** ± 1.2 kg leg of lamb, deboned and butterflied, 4 cloves garlic, crushed into a paste, 2 Tbsp olive oil, 1 Tbsp each fresh rosemary leaves, chopped and lemon zest, salt and pepper, to taste.

**Ingredients**  
**For the potatoes:** 12 medium potatoes, scrubbed and halved. Par boil potatoes for ± 12 minutes. Drain and allow excess moisture to evaporate. Drizzle potatoes with a little olive oil and salt. Toss to coat.

**Method**  
 Combine garlic and olive oil. Spread the garlic oil all over the inside of the lamb. Add the rosemary and lemon zest and season well. Close up lamb. Season the outside with olive oil and salt.

Place the lamb in the centre of the Vortex basket. Surround the lamb with the potatoes. Roast for 25 minutes at 190°C. Turn the lamb halfway through the cooking for an even cook. Remove lamb and allow to rest. For extra crispy potatoes, return them to the Vortex while the lamb is resting and roast again for another 5-10 minutes until they are golden brown all over.

Slice lamb and serve with crispy potatoes and chimichurri.

**USE YOUR VORTEX TO:**

- Reheat pizza, schnitzels and sausages in 2-3 mins at 163°C
- Make perfectly crispy bacon at 202°C for 8 minutes (turn once)
- Roast seeds and nuts at 163°C for 30 minutes



# BIG BLACK BEAN BURGERS

Just six ingredients is all it takes for this nutritious burger to come to life. Thanks for the recipe, Jess Levin from Culinary Cartel!

**Prep time:** 30 minutes  
**Cook time:** 10 minutes  
**Serves:** 6

**Ingredients**  
 1 tin black beans, drained and rinsed, 1 onion finely chopped, 2 garlic cloves grated, ⅓ cup walnuts roughly chopped, ⅓ cup oat flour (or ¼ cup wheat flour), 1 aubergine cut into bite-sized chunks.

**Method**  
 Place the rinsed black beans into the basket of the Instant Pot Vortex, and air-fry on 205°C for 5 minutes, until bursting and blistered. Meanwhile, sprinkle ½ tsp of salt evenly over your aubergine and place it in a colander to allow any bitter juices to drain out. Add the chopped onion to a frying pan with a little oil and cook until soft and translucent on a medium heat (about

4 minutes). Once the beans have finished cooking, remove them from the basket and pop them into the bowl of a food processor, then toss the aubergines in a little oil, and air fry at 205°C for 7 minutes, until golden and soft. To the beans, add the grated garlic, cooked onions, walnuts, oat flour, and cooked aubergine. Pulse the mixture until the mixture comes together and starts forming a chunky paste. Then divide the mixture into 5 balls and shape them into patties.

Set the Vortex air fryer to 190°C. Brush the patties with olive oil, then place them into the air fryer for 6-9 minutes, until crisped and browned to your desired level. Serve on a bun or in a lettuce cups with your favourite toppings.

✓ Vegan  
 ✓ Gluten free  
 ✓ Protein packed

**HOT TIP**  
 Set the patties aside for 10 minutes to firm up. This is an important step, as the oat flour will absorb excess moisture in the patties, making them easier to cook and handle.



# Blueberry Muffins

**A delightful muffin which rises beautifully in the Vortex. Quick and easy for lunch boxes, or tea-time treats.**

**Prep time:** 10 minutes  
**Cook time:** 12 minutes  
**Serves:** 4

**Ingredients**  
60ml vegetable oil, 125ml castor sugar, 1 egg, 125ml plain yoghurt, 5ml vanilla essence, 250 ml cake flour, 7ml baking powder, pinch salt, 125 ml fresh or frozen

blueberries, zest 1 lemon

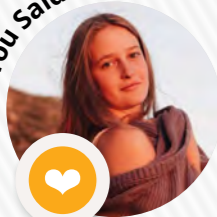
**Topping**  
Zest 2 lemon, ½ cup castor sugar

**Method**  
In a medium-sized bowl, whisk together the oil and castor sugar. Add the egg, yogurt and vanilla essence and mix well. In a separate, larger bowl, sift in the flour, baking powder and salt together. Fold the wet ingredients into the flour mix until the mixture just comes

together. Add the blueberries and lemon zest and fold to incorporate – do not over mix. Spoon the mixture into 12 silicone cupcake moulds. Set the Instant Vortex to Bake at 180°C for 10 mins, it will Pre Heat to the required temperature. Once Vortex beeps “add food”, it has reached temperature so place the muffins in the drawer. You may need to cook the muffins in two batches depending on the size of your muffin moulds. Check after 10 mins. For the topping, mix the castor sugar and lemon zest together and sprinkle on top of muffins. Allow to cool and enjoy!

**FYI**  
To successfully convert a standard baked recipe for the Vortex reduce the temperature by approximately 20%.

You said...



**SUZANNE LEIGH THOMSON**

"I have the Instant Pot Vortex and absolutely love it! It has the biggest air fryer drawer which is a breeze to clean... plus it heats to 200°C in just over 2 minutes!"

## CHURROS

**In Spain and Portugal these are sometimes eaten for breakfast (don't tell the kids!)**

**Prep time:** 15 minutes, plus 30 minutes in the fridge  
**Cook time:** 10 minutes  
**Serves:** 24 churros

**Ingredients**  
250ml water, 80g butter, 2 Tbsp sugar, ¼ tsp salt, 150g all-purpose flour, 2 XL free-range eggs, 1 tsp vanilla extract, neutral oil spray

**Cinnamon sugar**  
50g sugar, 1 tsp ground cinnamon

**Chocolate sauce**  
100g dark chocolate, roughly chopped, 125ml cream

**Method**  
In a small pot combine water, butter, sugar and salt. Bring to the boil. Reduce heat to low and add the flour. Using a firm spatula, stir constantly until the dough comes together. Keep mixing until it gets shiny and pulls away from the pot.

Remove from the heat and let cool for 2 minutes. Add the eggs and vanilla extract. Mix thoroughly. The mixture will 'break' at first and then it will come together into a smooth dough. (You can also use an electric mixer for this step). Scrape mixture into a large piping bag fitted with a large star-shaped tip. Pipe churros onto a greased baking tray, ±10cm in length and cut with pair of scissors. Refrigerate piped churros for at least 30 minutes.

Grease Vortex inner basket lightly with oil.

Carefully transfer half the churros to the inner basket, leaving 1-2cm between them. Spray churros lightly with oil. Air fry at 191°C for 10 minutes until golden brown and crisp. Turn half way through. Repeat with remaining churros.

While the churros are air frying, make the chocolate dipping sauce. Combine chocolate and cream in a heatproof bowl. Set above a pot of simmering water. Stir over a low heat until smooth and glossy.

In a small bowl whisk together the sugar and cinnamon. Toss baked churros in the cinnamon sugar and coat well.

Serve warm with chocolate dipping sauce.



**TRY THIS**

You can melt chocolate in the Vortex! Place chocolate pieces in a glass bowl inside the Vortex set for 1 minute at 160°C, open drawer, stir and repeat.

Join the Instant Pot SA Facebook page for endless useful information and amazing recipes!

# 5 Top Tips to Inspire your Instant Life

**1 BEAT THE BURN** To avoid the Burn notice, always deglaze thoroughly with a splash of liquid to scrape down any caramelised food from the inner pot. Then proceed to Pressure Cook cycle.

**2 ZERO HERO** To steam veggies pour 1 cup water into the inner pot and arrange a steamer basket inside. The Instant Pot does perfect al dente or delicate veggies because you can set it to 0 mins on Low Pressure. By the time it comes to pressure the veggies will be cooked. Quick Release and you're done.

**3 DOUBLE UP** To cook two components (like rice and meat) at the same time, leave your wet ingredients (eg. curry vegetables and sauce) at the bottom of the inner pot. Place an oven-proof container with rice or quinoa and water on the trivet, and place carefully on top of the wet ingredients. Add 3 mins to the overall cook time, with NPR. Remove everything carefully as it will be hot.

**4 MEAT MAESTRO** To ensure slow cooked meat made in your Instant Pot is really tender (especially more humble cuts), always opt for Natural Pressure Release.

**5 FLIP TO COOK** To ensure even cooking results in the Vortex, it will beep and prompt you to turn (or shake) your food - think chicken schnitzels (turn) and air fried oven chips (shake).

BUY THIS



You haven't baked in an Instant Pot until you've tried a cheesecake - and for that you need a springform pan. Springform Pan, R359, coming soon, [InstantPot](#)



Ideal for slow-cooked casseroles, sautéing and making popcorn. Glass Lid, R349, [Takealot](#)



Easy grip, heat resistant silicone makes lifting the inner pot and metal trivets out of the pot easily. Mini Mitts set, R185, [Yuppiechef](#)



Prevent odour transfer and keep separate seals for sweet and savoury cooking. Silicone sealing rings, R329, [Yuppiechef](#)

## Pressure Cooking Timetables

MEAT			
<b>BEEF</b>		<b>PORK</b>	
Stew/curry/oxtail	35-40 mins	Fillet	15-20 mins/450g
Ribs	25 mins per 450g	Ribs	15-20 mins/450g
<b>POULTRY</b>		<b>LAMB</b>	
Whole chicken	6 mins per 500g meat	Chops	5 mins
Chicken breasts	8 mins	Ham	8 mins/450g
Chicken wings/thighs	9 mins	Leg	45-55 mins
Duck	10-15 mins	Shanks	45-55 mins

SEAFOOD			
<b>Note:</b> First cooking time is for food immersed in liquid, second time is for placement out of liquid in steaming basket or bowl.			
Crab/fish fillet	2-3 mins / 4-5 mins	Mussels	1-2 mins/2-3 mins

VEGETABLES			
<b>Note:</b> First cooking time is for fresh ingredients, second time is for frozen.			
Artichoke	9-11 mins	Carrots	4-6 mins/6-8 mins
Asparagus	1-2 mins/2-3 mins	Gemsquash	7 mins
Baby marrow	3 mins/4 mins	Leeks	2-3 mins/3-4 mins
Beetroot	sml 11-13 mins/lrg 20-25 mins	Mielies(corn)	10/12 mins
Broccoli/cauliflower	1-2 mins/2-3 mins	Peas	0 mins/1-2 mins
Brussel sprouts	4 mins/6 mins	Potato (whole/cubed)	12-15 mins/3-4 mins
Butternut/pumpkin	6-8 mins/10-12 mins	Sweet potato (whole/cubed)	10-12 mins/3-4 mins
Cabbage	3-4 mins/4-5 mins		

GRAINS			
<b>Note:</b> For beans, the first cooking time is for pre-soaked and second time is for unsoaked. The water ratio is in brackets.			
White rice	7 mins (1:1)	Barley	20-22 mins (1:2.5) QPR
Basmati/jasmine rice	5 mins (1:1)	Pasta	4 mins (refer to recipe)
Brown rice	20-25 mins (1:2)	Cannellini	6-9 mins/30-35 mins (1:3)
Quicoats	2-3 mins (1:2) QPR	Red kidney beans	7-8 mins/15-20 mins (1:3)
Steelcut oats	10-12 mins (1:3)NPR	Blackbeans	6-8 mins/20-25 mins (1:3)
Mielie meal/polenta	10-12 mins (1:1.75)/(1:2)	Chickpeas	20-25 mins/45-50 mins (1:3)
Quinoa	1 min (1:1.25) QPR	Brown/green lentils	10-15 mins/30-35 mins (1:3)
Cous cous	2-3 mins (1:2) QPR	Yellow/split lentils	1-2 mins (1:3)
Millet	10-12 mins (1:1.75) QPR		

### SHOP THE ENTIRE RANGE



**Duo 6L** The original, best selling 7-in-1 smart cooker  
**Duo 8L** Ideal for families and bulk cooking  
**Duo Plus 6L** SA's most advanced 9-in-1 smart cooker  
**Duo Crisp 8L** Now you can air fry in an Instant Pot  
**Vortex Air Fryer 5.7L** Stylish, smart & BIG

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# Air Fryer Cooking Timetables

FOOD	SMART PROGRAM	COOKING TEMPERATURE	COOKING TIME	COOKING NOTES AND TIPS
<b>MEAT</b>				
Bacon, crispy	Air Fry	191°C	8-10 mins	Turn half way
Beef biltong	*Dehydrate	57°C	4-8 hours	
Boerewors	Roast	191°C	10-12 mins	Line tray with foil, turn half way
Chicken breasts, stuffed	Bake	180°C	13-15 mins	Turn half way
Chicken nuggets, frozen	Air Fry	205°C	10-15 mins	Shake half way
Chicken pieces	Roast	191°C	15-20 mins	Turn half way
Chicken schnitzel, fresh	Air Fry	191°C	10-12 mins	Turn half way
Chicken wings, fresh/frozen	Air Fry	205°C	10-15 mins	Turn half way
Chops (beef/lamb/pork)	Roast	191°C	10-12 mins	Turn half way
Meat balls	Bake	191°C	10-12 mins	Turn half way
Pork belly, (pressure cooked first)	Roast	205°C	20-25 mins	Check after 20 mins
Ribs, beef, par cooked	Roast	202°C	10-12 mins	Turn half way
Ribs, pork/lamb, par cooked	Roast	202°C	8-10 mins	Turn half way
Roast lamb (with baby potatoes)	Roast	191°C	25-30 mins	Turn half way, add 5 mins for medium-well
Sausages, fresh	Roast	191°C	10-12 mins	Turn half way
Shepherd's Pie	Roast	180°C	8-10 mins	
<b>SEAFOOD</b>				
Fish fingers, frozen	Air Fry	205°C	10-12 mins	Turn half way
Prawns, fresh	Air Fry	193°C	3-5 mins	Shake half way
Prawns, frozen	Air Fry	205°C	5-7 mins	Shake half way
Salmon, fresh	Roast	205°C	8-10 mins	
White fish fillet	Roast	205°C	3-5 mins	
<b>VEGETABLES</b>				
Asparagus	Air Fry	205°C	3 mins	Turn half way
Aubergine, slices	Roast	185°C	10-12 mins	Turn half way
Baked potato	Bake	185°C	15-20 mins	Medium size potato
Brussels sprouts, crispy	Roast	185°C	10-12 mins	Shake half way
Butternut, hassleback	Bake	185°C	20-25 mins	Turn half way
Butternut, pieces	Roast	185°C	10-12 mins	Shake half way
Butternut, whole	Roast Fry	185°C	18-25 mins	Turn half way
Cauliflower florets	Air Fry	177°C	3 to 6 mins	Turn half way
French fries, frozen	Air Fry	205°C	12-15 mins	Shake half way
Mushrooms, brown, large	Roast	180°C	12-15 mins	
Potato bake	Bake	180°C	45-50 mins	Check after 40 mins
Potato wedges, fresh	Air Fry	180°C	10-12 mins	Turn half way
Roast / "smash" potatoes (par cooked)	Bake	202°C	10 mins	Turn half way
Roast vegetables	Air Fry	185°C	10-12 mins	Cut into 2cm pieces, shake half way
Sweet potato fries, fresh	Air Fry	185°C	10-12 mins	Shake half way
Sweet potato, whole	Bake	177°C	15-20 mins	Medium size potato
Vegetable burgers	Air Fry	191°C	10-12 mins	Turn half way
<b>SNACKS/BAKES</b>				
Bread rolls	Bake	174°C	10 mins	
Brownies, chocolate	Bake	174°C	10-12 mins	
Chocolate pots (puddings)	Bake	191°C	13-15 mins	Check after 12 mins
Churros, donuts	Bake	191°C	10-12 mins	Check after 10 mins, turn half wa
Cookies, biscuits	Bake	174°C	10-12 mins	
Cupcakes / muffins	Bake	185°C	10-12 mins	Use oven-safe tin or silicone holders
Dim sum / pot stickers	Air Fry	191°C	4 mins	Turn half way
Dried fruit	*Dehydrate	60°C	4-8 hours	Longer for juicier type fruit
Frittata / quiche	Bake	180°C	10-12 mins	Check after 10 mins
Fruit leather	*Dehydrate	60°C - 66°C	4-8 hours	
Nachos	Air Fry	205°C	2-4 mins	Use oven proof dish
Nut roast	Bake	174°C	45-50 mins	Check after 40 mins
Pastry snacks, frozen (samosas, spring rolls, sausage rolls)	Bake	185°C	10-12 mins	Turn half way
Pizza, frozen	Air Fry	205°C	4-6 mins	Turn half way
Popcorn chicken, fresh	Bake	205°C	10-12 mins	Shake half way
Risoto balls	Air Fry	202°C	10 mins	Turn half way
Roast stone fruit (apricot, peach etc)	Bake	185°C	5 mins	Turn half way
Spanakopita	Bake	166°C	15 mins	Turn half way

\*Dehydrate program on Vortex Plus and Duo Crisp models