

Valentines

Starter

Preheat the oven to 180oc and place the quail egg & bread in for 5 minutes

Pierce the lid on the soup and microwave for 3 minutes or until piping hot. Serve the quail egg in the centre of the bowl and pour the soup around.

Main

Place the fondont potato in the oven and set a 20 minute timer, after 5 minutes add the beef. When there is 5 minute left on the timer pierce the lid on the cavolo nero and microwave for 3 minutes

Dessert

Loosen the lid on the strawberry sauce and microwave for 30 seconds, por over the love heart