

# Breville

## Breville Customer Service Centre

### Australian Customers

**Mail:** PO Box 22  
Botany NSW 2019  
AUSTRALIA

**Phone:** 1300 139 798

**Fax:** (02) 9384 9601

**Email:** Customer Service:  
askus@breville.com.au

### New Zealand Customers

**Mail:** Private Bag 94411  
Botany Manukau 2163  
Auckland NEW ZEALAND

**Phone:** 0800 273 845

**Fax:** 0800 288 513

**Email:** Customer Service:  
askus@breville.com.au

**[www.breville.com.au](http://www.breville.com.au)**

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Due to continued product improvement, the products illustrated/photographed  
in this booklet may vary slightly from the actual product.

# Breville

*the Dual Burner™*

Instruction Booklet



**BGR600**

# CONGRATULATIONS

on the purchase of your new  
Breville Dual Burner™

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Breville Dual Burner™
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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

## **IMPORTANT SAFEGUARDS**

### **READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE**

- Carefully read all instructions before operating the grill for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the grill for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the grill near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances.
- Do not use the grill on a sink drain board.
- Do not place the grill on or near a hot gas or electric burner, or where it could touch a heated oven.
- Position the grill at a minimum distance of 20cm away from walls, curtains, cloths and other heat sensitive materials.
- Always operate the grill on a stable and heat resistant surface. Do not use on a cloth-covered surface, near curtains or other flammable materials.
- Always ensure the grill is properly assembled before use. Follow the instructions provided in this book.
- The appliance is not intended to be operated by means of an external timer or separate remote control system.
- The outer surface will be hot when the appliance is operating.
- Do not touch hot surfaces. Use the integrated side handles for lifting and carrying the grill.
- The temperature of accessible surfaces will be high when the appliance is operating and for some time after use.
- Do not leave the grill unattended when in use.
- Do not place anything on top of the grill when in use and when stored.
- Always switch the variable temperature control dial to the 'STANDBY' position, switch the grill off at the power outlet, then unplug the power cord and cool completely if appliance is not in use, before cleaning, before attempting to move the appliance and when storing the appliance.
- Keep the grill clean. Follow the cleaning instructions provided in this book.

## **IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES**

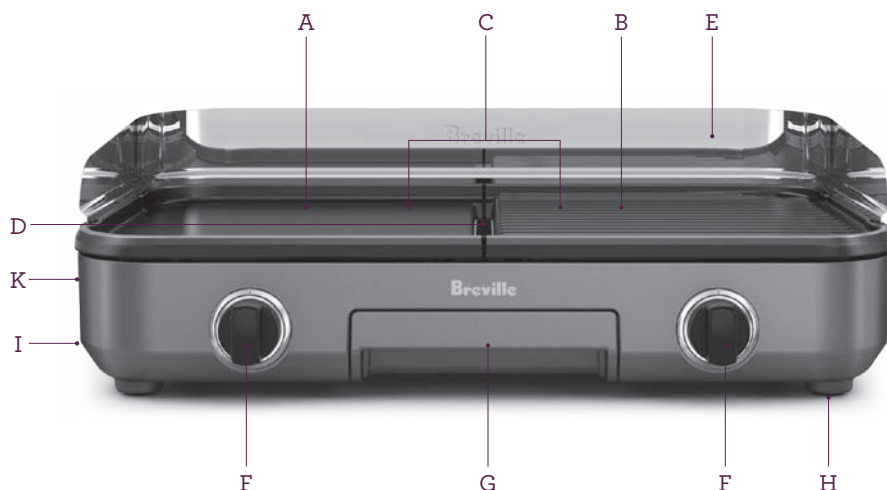
- Carefully read all instructions before operating the appliance and save for future reference.
- Remove and safely discard all packaging material and promotional labels before using the appliance for the first time.
- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance, by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a hot source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

## **SAVE THESE INSTRUCTIONS**

# KNOW

your Breville Dual Burner™

## KNOW YOUR BREVILLE DUAL BURNER™



- A. Flat grill plate**  
With premium non-stick. Ideal for pancakes, eggs, onions and seafood.
- B. Ribbed grill plate**  
With premium non-stick. Ideal for steak, chargrilled vegetables and sausages.
- C. Powerful combined 2400 Watt element**  
For fast heat up and quick searing and sautéing.
- D. Centre channel**  
Drains excess fat from both cooking plates into drip tray.
- E. Stainless steel splatter guard**  
Removable for easy cleaning.
- F. Two independent temperature control dials**  
Low, Medium and High settings.
- G. Non-stick drip tray**  
Removable for easy cleaning.
- H. Non-slip rubber feet**
- I. Integrated side handles**
- J. Cleaning tool/ Scraper**
- K. Cord storage**  
Conveniently located at the rear.



# OPERATING

your Breville Dual Burner™

## OPERATING YOUR BREVILLE DUAL BURNER™

### BEFORE FIRST USE

Before first use, remove and safely discard any packaging material and promotional labels and wipe the cooking plates with hot soapy water, rinse and dry thoroughly ensuring they are clean and free of dust. Ensure the drip tray and splatter guard is correctly inserted into the grill.

Place the grill on a flat, dry surface. Ensure there is a minimum distance of 20cm of space on both sides of the grill.

1. Unwind the power cord completely and insert the power plug into a 230/240V power outlet and turn the power 'On'. White will illuminate around both temperature control dials.
2. Allow grill to preheat. Turn temperature control dials to LOW, MEDIUM or HIGH Heat. The illumination around the temperature control dials will change to red during heating then turn to white illumination when selected temperature is reached. This should take approximately 10 minutes.
3. During this time, prepare foods to be cooked. Refer to grilling guide for cooking times and recipes (page 13).

#### NOTE

One or both of the cooking plates can be activated for grilling.

#### NOTE

When grill is turned on and heating for the first time, it may emit a fine smoke haze. This is due to the protective substances on the heating elements. It is safe and not detrimental to the performance of the grill. There is no need for concern.

4. Place food on either or both of the cooking plates. Grilling times will depend on food being cooked and heat setting. The temperature controls dials will turn red again as it maintains selected temperature whilst cooking. Refer to Hints and Tips for Grilling Meat (page 12) and Recipes (page 18).
5. When food is cooked, remove from cooking plates using heat proof or wooden utensils.

#### NOTE

Never use metal tongs or a sharp knife as these can cause damage to the non-stick coating of cooking plates.

#### NOTE

Always allow grill to pre-heat to selected temperature before grilling.

#### NOTE

The white illumination around the heating control dials may turn red during the cooking process. This is indicating that the grill is maintaining the correct selected temperature.

#### NOTE

The cooking and preheating cycle can be stopped at any time by turning the temperature control dials to the 'STANDBY' position. White illumination will appear around the control dials. Allow the grill to cool completely and disconnect from the wall outlet.

**WARNING**

*Fully unwind the power cord from the cord storage facility before use.*

## INDEPENDENT COOKING PLATES (FLAT AND RIBBED)

The Breville Dual Burner™ features two independently controlled cooking zones - the left non-stick flat plate and the right non-stick ribbed plate, with variable heat settings (LOW, MEDIUM, HIGH).

## GUIDELINES FOR COOKING

HEAT SETTING	FLAT PLATE	RIBBED PLATE
LOW	Eggs, French Toast, Pancakes, Onions	Breads, Corn cobs
MEDIUM	Bacon, Fish, Pancakes	Chicken fillets, Red Meat fillets
HIGH	Seafood	Steak, Char-grill Vegetables, Sausages



# HINTS & TIPS FOR GRILLING MEAT

on your Breville Dual Burner™

## HINTS & TIPS FOR GRILLING MEAT

- Tougher cuts such as beef blade, topside steak or lamb forequarter or neck chops can be used. To tenderise these cuts marinate them for a few hours or overnight in a marinade with wine or vinegar to help break down the connective tissue.
- If using a marinade recipe or pre-marinated meats from your meat retailer, drain excess marinade off and dab with kitchen paper before placing on heated cooking plates.
- Some marinades contain high sugar levels which can scorch the heated cooking plate.
- Do not over cook meat, even pork is better served pink and juicy.
- For tender and juicy steaks allow steaks to rest covered in foil for approximately 5 minutes after cooking.
- Do not pierce meat with a fork or cut meat while cooking. This will let the juices escape, resulting in a tougher dry steak.
- When removing fish pieces, use a flat heat resistant plastic spatula to support the food.
- Parboiled sausages can alleviate the need to pierce sausages before cooking.

### NOTE

To season brush the cooking plates with a little vegetable oil and rub off the excess with absorbent paper. Do this after preheating. Do not use cooking spray on the non stick coating as this will effect the performance of the non stick surface on the cooking plates.

## GRILLING GUIDE

Grilling is a healthy and efficient way to cook.

The following cooking times are approximate due to variances in ingredient thickness.

## INGREDIENT AND APPROXIMATE COOKING TIMES

INGREDIENTS	HEAT SETTING	PLATE	COOKING TIME
Beef sirloin steak	HIGH	RIBBED	3 minutes for rare, 5-6 minutes for medium rare.
Beef minute steak	HIGH	RIBBED	2-4 minutes
Beef hamburger patties	MEDIUM	FLAT	4-6 minutes
Pork scotch fillet	HIGH	RIBBED	10-12 minutes
Pork loin steaks	HIGH	RIBBED	6-8 minutes
Pork fillet	MEDIUM-HIGH	RIBBED	6-8 minutes
Lamb loin	MEDIUM	RIBBED	5-6 minutes
Lamb cutlets	HIGH	RIBBED	3-4 minutes

## HINTS & TIPS FOR GRILLING MEAT

INGREDIENTS	HEAT SETTING	PLATE	COOKING TIME
Lamb leg steaks	HIGH	RIBBED	5-6 minutes
Chicken breast fillets	MEDIUM	RIBBED	12-15 minutes
Chicken thigh fillets	HIGH	RIBBED	5-6 minutes
Sausages thin	HIGH	FLAT OR RIBBED	10-12 minutes
Sausages thick	HIGH	FLAT OR RIBBED	12-15 minutes
Sandwich or Foccacia	MEDIUM	FLAT	3-5 minutes or until golden brown
Vegetables sliced 1 cm thick – eggplant	HIGH	RIBBED	3-5 minutes
Vegetables sliced 1 cm thick – zucchini	HIGH	RIBBED	3-5 minutes
Vegetables sliced 1 cm thick – sweet potato	MEDIUM	FLAT OR RIBBED	3-5 minutes
Seafood – fish fillets	HIGH	FLAT	4-6 minutes
Seafood – fish cutlets	MEDIUM-HIGH	FLAT	5-8 minutes
Seafood – octopus	MEDIUM-HIGH (cleaned)	FLAT OR RIBBED	3-5 minutes
Seafood – prawns	HIGH	FLAT	2 minutes
Seafood – scallops	HIGH	FLAT	1 minute
Eggs(sunny side up)	MEDIUM-LOW	FLAT	1-2 mins
Bacon rashers –	MEDIUM	FLAT	3-4 minutes
Pancakes –	MEDIUM	FLAT	2-3 minutes

### NOTE

These times are for the total cooking time. Meats should be turned over halfway through cooking time.

### HOW TO JUDGE A STEAKS DONENESS

This doneness information below has been kindly donated by the Meat & Livestock Association of Australia.

There is an art to determining when your steak, lamb chop or cutlet is cooked to the correct degree of doneness:

- rare, medium-rare, medium, medium-well or well done but it is easily mastered with these handy hints and tips.

#### Rare

Cook for a few minutes per side, depending on thickness.

Turn once only. Cook until steak feels very soft with back of tongs. A meat thermometer will show the internal temperature of a rare steak as 55–60°C.

#### Medium Rare

Cook one side until moisture is just visible on top surface.

Turn once only. Cook on the other side until surface moisture is visible. Steak will be cooked to medium rare when it feels soft with back of tongs. A meat thermometer will show the internal temperature of a medium rare steak as 60–65°C.

#### Medium

Cook one side until moisture is pooling on top surface.

Turn once only. Cook second side until moisture is visible. Steak will be cooked to medium when it feels springy with back of tongs. A meat thermometer will show the internal temperature of a medium steak as 65–70°C.

#### Medium Well

Cook one side until moisture is pooling on top surface.

Turn and cook second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels firm with back of tongs. A meat thermometer will show the internal temperature of a medium well steak as 70–75°C.

#### Well Done

Cook one side until moisture is pooling on top surface.

Turn and cook second side until moisture is pooling on top. Reduce heat slightly and continue to cook until steak feels very firm with back of tongs. A meat thermometer will show the internal temperature of a well done steak as 75°C–85°C.

#### TIP

**For tender and juicy steaks allow steaks to rest loosely covered in foil for approximately 5 minutes after cooking.**



# CARE & CLEANING

for your Breville Dual Burner™

## CARE & CLEANING

Before cleaning, turn the power off at the power outlet and then remove the power plug. Allow your grill to cool before cleaning. Remove the splatter guard and place into dishwasher or wash in hot soapy water, rinse and dry thoroughly. The grill is easier to clean when slightly warm.

Use the scraper tool provided to remove stubborn food residue between grooves of grill ribbed plate. Use paper towel to remove excess food before washing cooking plates.

Always clean your grill after each use to prevent a build up of baked-on foods.

For baked on food residue squeeze some warm water mixed with detergent or lemon juice over the food residue then clean with a non abrasive plastic scouring pad.

### TIP

If baked on food is not removed by this method brush with a little oil or melted butter allow to stand for 5 minutes then wipe with damp cloth.

### NOTE

Do not place the grill and the drip tray in the dishwasher.

Splatter guard and scraper tool may be placed in dishwasher.

## CLEANING THE DRIP TRAY

Remove and empty the drip tray after each use and wash the tray in warm, soapy water. Avoid the use of scouring pads or harsh detergents as they may damage the surface. Rinse and dry thoroughly with a clean, soft cloth and replace.

## PREMIUM NON-STICK COATING

Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier.

Any discolouration that may occur will only detract from the appearance of the grill and will not affect the cooking performance.

When cleaning the non-stick coating, do not use metal (or other abrasive) scourers. Wash with warm soapy water. Remove stubborn residue with a non abrasive plastic scouring pad or nylon washing brush.



### WARNING

*Do not immerse any part of the Breville grill in water or any other liquid.*



### WARNING

*Do not use spray-on non-stick coatings as this will affect the performance of the non-stick surface on the cooking plates.*

## STORAGE

To store your Breville Dual Burner™:

1. Turn off the grill and unplug power cord from the power outlet.
2. Allow the grill to fully cool.
3. Click the removable drip tray and splatter guard into place.
4. Wrap the power cord in the cord storage area on the rear side of the grill.
5. Store on a flat, dry level surface.

# RECIPES

## AUSSIE BURGER

Serves 4

### INGREDIENTS

500g minced beef  
1 cup fresh bread crumbs  
1 small onion, peeled and finely chopped  
1 teaspoon crushed garlic  
1 tablespoon chopped parsley  
1 x 60g egg, lightly beaten

### To cook and serve;

4 bacon rashers  
4 hamburger buns or full grain rolls  
1 x 250g tin beetroot slices, drained  
2 roma tomatoes, thinly sliced  
Tomato sauce  
4 cheddar cheese slices  
¼ iceberg lettuce heart, shredded

### METHOD

1. Preheat flat grill plate to "MEDIUM" temperature.
2. Combine all ingredients in a large mixing bowl and mix thoroughly. Form mince into 4 patties. Set aside.
3. Place patties on preheated grill and cook for 2-3 minutes each side or until required doneness.
4. Place bacon on grill cook for 2-3 minutes.
5. Lightly spread buns with butter or margarine.
6. Place a pattie on each bun and top with bacon, beetroot, tomato, tomato sauce and cheese.
7. Add lettuce to burgers and place reserved roll halves on top.

*Serve immediately.*

## MARINATED NEW YORK CUT STEAK

Serves 4

### INGREDIENTS

1 cup red wine  
2 tablespoons olive oil  
1 tablespoon Dijon style mustard  
1 teaspoon minced garlic  
4 New York cut steaks, cut 3cm thick

### To serve

Creamy mashed potato  
Crisp green salad

### METHOD

1. Combine wine, oil, mustard and garlic in a screw top jar and shake well.
2. Place steaks in a shallow dish, pour over marinade.
3. Allow to marinate at room temperature for 30 minutes to 1 hour.
4. Preheat ribbed grill plate to HIGH temperature.
5. Remove steaks from marinade and place on grill.
6. Cook for 3 minutes each side for medium rare.

*Serve with creamy mashed potato and a crisp salad.*

### NOTE

If using a marinade recipe or pre-marinated meats from your meat retailer, drain excess marinade off and dab with paper towels before placing on the grill. Some marinades contain high sugar levels which can scorch on the grill plate when cooked.

## CHILLI BEEF SALAD WITH CASHEWS

Serves 4

### INGREDIENTS

500g rump or sirloin steak  
3 long red chillies, chopped  
2 tablespoons soy sauce  
1 teaspoon crushed ginger  
½ teaspoon crushed garlic  
Salad greens

### To serve

½ cup chopped cashew nuts  
Soy sauce

### METHOD

1. Preheat ribbed grill plate to HIGH temperature.
2. Place steak onto plate and cook 3–4 minutes each side. Remove.
3. Slice steak into thin strips and combine with chilli, soy, ginger and garlic. Allow to marinate for 20 minutes.
4. Place salad greens in individual serving bowls.
5. Top with steak and sprinkle with cashew nuts and soy sauce.

## TERIYAKI CHICKEN FILLETS

Serves 4

### INGREDIENTS

1 tablespoon mirin  
2 tablespoons soy sauce  
2 teaspoons caster sugar  
2 teaspoons cooking sake  
2 chicken breast fillets, halved lengthways

### To serve

Lemon wedges  
Steamed rice  
Salad of green leaves

### METHOD

1. Combine mirin, soy sauce, sugar and sake.
2. Place chicken in a shallow baking dish and pour prepared marinade over. Allow to stand for 30 minutes before cooking.
3. Preheated ribbed grill plate on MEDIUM.
4. Cook for 5–6 minutes until chicken is cooked through.
5. Remove and allow to rest for 5 minutes before serving on a bed of steamed rice.
6. Garnish with lemon wedges and accompany with a salad of green leaves.

### LEMON AND HONEY CHICKEN SKEWERS

Serves 4

#### INGREDIENTS

500g chicken breast fillets  
2 tablespoons lemon juice  
2 tablespoons honey  
2 teaspoons sesame seeds  
1 teaspoon grated ginger  
Wooden skewers, soaked in water

#### To serve

Steamed basmati rice  
Steamed green vegetables

#### METHOD

1. Preheat flat grill plate to MEDIUM temperature.
2. Slice chicken into thin strips and thread onto 8 skewers. Place skewers on preheated grill cook for 3 minutes or until cooked through.
3. While chicken is cooking combine lemon juice, honey, sesame and ginger.
4. Serve skewers on steamed rice and pour over the lemon and honey sauce.
5. Serve with steamed greens and steamed basmati rice.

### GRILLED CHICKEN WITH LEMON THYME

Serves 4

#### INGREDIENTS

4 chicken breast fillets  
1 tablespoon olive oil  
2 teaspoons crushed garlic  
2 tablespoons lemon thyme leaves  
1 teaspoon grated lemon rind  
2 tablespoons lemon juice  
cracked black pepper

#### To Serve

Lemon wedges  
Crisp green salad

#### METHOD

1. Place chicken breasts in large flat dish.
2. Combine oil, garlic, lemon thyme, lemon rind and juice and pepper and mix well.
3. Pour over chicken breasts. Allow to marinate for 15 minutes.
4. Preheat ribbed grill plate, to MEDIUM temperature and place chicken on grill, cook for 12-15 minutes or until cooked through.

*Slice breasts diagonally, serve with lemon wedges and a green salad.*

### BABY OCTOPUS WITH CHILLI AND GARLIC

Serves 4

#### INGREDIENTS

750g baby octopus, cleaned  
2 tablespoons olive oil  
2 tablespoons Thai style sweet chilli sauce  
Juice and zest of 1 lime  
1 teaspoon minced garlic  
Freshly ground pepper

#### To garnish

Lime wedges  
Coriander sprigs

#### To serve

Lightly steamed vermicelli noodles.

#### METHOD

1. Preheat flat grill plate to MEDIUM-HIGH temperature.
2. In a large mixing bowl combine octopus with oil, chilli sauce, lime zest, juice and garlic.
3. Toss well to combine and season with pepper.
4. Place octopus on pre-heated grill. Allow to cook for 3-4 minutes.
5. Remove from grill and serve on top of vermicelli noodles, garnish with lime and coriander.

### ATLANTIC SALMON STEAK WITH TARRAGON AND PEPPER CRUST

Serves 4

#### INGREDIENTS

2 tablespoons olive oil  
2 teaspoons dried tarragon leaves  
Freshly ground black pepper  
4 Atlantic salmon steaks – weighing approx 180g each  
To garnish;  
Lime or lemon wedges

#### To serve

Steamed baby potatoes

#### METHOD

1. Preheat flat grill plate to MEDIUM-HIGH temperature
2. Combine oil with tarragon and a generous and coarse grinding of black pepper.
3. Brush salmon on both sides with mixture and place on grill. Allow to cook for 2-3 minutes each side for fish to be golden on the outside and ‘rosy’ pink on the inside.
4. Cook a further 2 minutes to cook through. Remove from grill and serve immediately with the steamed potatoes.

**HOT GINGERED PRAWNS**

Serves 4

**INGREDIENTS**

1 kg green king prawns, peeled with tails intact  
1 teaspoon crushed garlic  
¼ cup soy sauce  
¼ cup dry white wine  
1 tablespoon finely shredded ginger  
350ml Thai sweet chilli sauce  
Long wooden skewers, soaked in water

**To serve**

Steamed jasmine rice  
Sautéed Chinese broccoli

**METHOD**

1. Preheat flat grill plate to MEDIUM-HIGH temperature.
2. Thread prawns onto soaked wooden skewers approximately 4 per skewer.
3. Combine remaining ingredients and mix well, pour over prawn skewers.
4. Place skewers on pre-heated grill and cook for 2-3 minutes or until pink and tender.
5. Serve with steamed rice and broccoli.

**RED WINE AND ROSEMARY LAMB STEAKS**

Serves 8

**INGREDIENTS**

8 x 125g lamb steaks  
2 tablespoons fresh rosemary leaves  
½ cup red wine  
Freshly ground black pepper  
1 teaspoon crushed garlic

**To serve**

Steamed green beans

**METHOD**

1. Place steaks in a shallow dish.
2. Combine rosemary, wine, pepper and garlic and pour over steaks. Allow to marinate for at least 20 minutes.
3. Preheat ribbed grill plate to HIGH temperature.
4. Place prepared steaks onto grill plate and cook for 2-3 minutes each side
5. Serve with steamed green beans.

**NOTE**

If using a marinade recipe or pre-marinated meats from your meat retailer, drain excess marinade off and dab with paper towels before placing on the grill. Some marinades contain high sugar levels which can scorch on the grill plate when cooked.



### THAI GREEN CURRY LAMB CUTLETS

Serves 4

#### INGREDIENTS

1 tablespoon Thai green curry paste  
3 tablespoons coconut cream  
1 tablespoon chopped coriander  
12 lamb cutlets, trimmed

#### To serve

Steamed rice and greens

#### METHOD

1. Combine curry paste, coconut cream and coriander. Spoon over cutlets and allow to marinate for 20 minutes.
2. Preheat ribbed grill plate to MEDIUM-HIGH.
3. Place cutlets on preheated grill plate and cook for 1-2 minutes each side or until cooked.
4. Serve with steamed rice and greens.

### OREGANO LAMB KEBABS

Serves 4

#### INGREDIENTS

1 tablespoon olive oil  
1 tablespoon lemon juice  
1 teaspoon chopped garlic  
1 teaspoon dried oregano leaves  
500g boneless lamb loin, cut into 3cm cubes  
Freshly ground black pepper  
Long wooden skewers, soaked in water

#### To serve

Salad leaves  
Black olives  
Crumbled feta cheese

#### METHOD

1. Combine oil with lemon juice and garlic in a large mixing bowl. Add lamb and allow to marinate for 30 minutes before threading onto 4 kebab skewers.
2. Preheat flat grill plate to MEDIUM temperature.
3. Season each kebab generously with pepper and place on grill.
4. Cook for 2-3 minutes each side or until cooked to your liking.
5. Serve with crusty bread and a Greek salad of salad leaves, black olives and crumbled feta cheese.

## **GRILLED BABY BOK CHOY WITH OYSTER SAUCE**

Serves 4

### **INGREDIENTS**

4 baby bok choy (50g each)  
2 tablespoons soy sauce  
1 tablespoon oyster sauce  
2 tablespoons lemon juice  
2 teaspoons brown sugar

### **METHOD**

1. Discard outer leaves of bok choy and halve lengthways the bok choy, wash well.
2. Preheat flat grill plate to MEDIUM temperature.
3. Grill and cook bok choy cut side down for 2 minutes or until tender.
4. To make oyster sauce combine soy, oyster sauce, lemon juice and sugar.
5. Serve with sauce drizzled over bok choy.



