



LG NeoChef
— Recipe Book —

A Different
Taste



Tasty Grilled Suya Fish

Prep: **20mins** Cook: **7mins** Mode: **Grill**

INGREDIENTS: 1 tbsp of seasoning powder • ½ tbsp of paprika powder
½ tbsp of black pepper • 1 tbsp of suya powder • 20 ml of vegetable oil
1 piece of lime • ½ tbsp of salt

Facts about Neochef

Smart Inverter: LG's Smart Inverter technology provides precise cooking power to reheat and defrost a wide range of foods faster than ever. Thanks to precise temperature control, you can cook a variety of dishes that microwaves were previously never able to prepare.

PROCEDURE

- Cut fish, wash it and clean with lime. Then, pat it dry with a paper towel.
- Mix all the ingredients together in a bowl.
- Dip fish into the mix and cover for 20 minutes so they can marinate.
- Set the marinated fish on the grill rack and put it in your LG microwave.
- On your microwave, set mode to 'grill', watt to 450 and timer to 7 mins.
- When the time is up, flip the fish and set the time to 7 minutes again.
- When the time is up, your grilled Suya fish is ready.



Peppered Veggie Noodles

Prep: **15mins** Cook: **6mins** Mode: **Comb**

Facts about Neochef
99.99% Anti-Bacterial EasyClean™: The Anti-Bacterial EasyClean™ interior coating makes cleaning simple and convenient. Just a few wipes are all it takes to clean the microwave interior. The coating eliminates 99.99% of harmful bacteria from adhering to the surface.

INGREDIENTS

Scotch Bonnet Pepper

Noodles Packet

Spring Onions

Bell Peppers

1 tbsp of Vegetable Oil

PROCEDURE

- Mix all the ingredients in a microwave-safe container.
- Put the bowl into your LG microwave and set the mode to “comb”.
- Set the timer to 3 minutes and cook.
- When the timer is up, bring out the food and stir.
- Then put it back in the oven and set it for 3 minutes.
- After the timer is done, the tasty noodles are ready.



Moi Moi / Alele

Prep: **50mins** Cook: **7mins** Mode: **Comb**

Facts about Neochef.....

Stable Working: The NeoChef™ can adapt to incoming power levels, which means you can always count on your microwave to perform, even in areas with low voltage, limited electricity or a low-incoming power supply (minimum 300W).

INGREDIENTS

- Scotch bonnet pepper
- ½ cup of Vegetable Oil
- Seasoning powder
- Chopped sausage
- Red bell pepper
- Washed beans
- Boiled eggs
- Onion bulb
- Salt

PROCEDURE

- Ground beans and ingredients together (excluding seasoning powder, salt, sausage and boiled eggs).
- Put the mix in a bowl, add seasoning powder and salt, then add the chopped sausage.
- Put the mix in a microwave-safe bowl and add sliced boiled eggs on top.
- Set the mode of your LG microwave to 'comb' and the timer to 7 minutes.
- When the timer is up, stick a toothpick in the middle of the moi-moi to confirm if it's done.
- If properly done, bring it out and allow it to cool. Moi-moi is ready.



Mini Sausage Roll

Prep: **40mins** Cook: **20mins** Mode: **Comb**

INGREDIENTS

For the Dough: 100g Butter/Margarine • 250g all-purpose Flour • 1 tsp of Baking Powder
½ Cup of Water • ½ tsp of Salt • 1 Raw Egg

For the Filling: 200g Minced Sausage Meat • ½ tsp of Black Pepper
¼ Garlic Powder • 1 Stock Cube

Facts about Neochef

Tasty Grilling: Evenly sear and crisp your food to grilled perfection without having to deal with a hot stove.

PROCEDURE

- Mix all dry ingredients together in a bowl.
- Add butter to the mix, and mix thoroughly till it looks like bread crumbs.
- Add water gradually and mix until a firm and non-sticky dough is formed.
- Put the dough on a board and knead. Then, set it aside to rest.
- In a bowl, season ground sausage with black pepper, garlic powder and stock cube. Mix, then set aside.
- Cut out some dough and put it on the table. Roll it out with a rolling pin that is half an inch thick.
- Cut out a rectangle, and put the fillings on it, then roll it into a rod.
- Cut into small sizes, set on the buttered baking dish, and put in your LG microwave.
- Set mode to 'comb', watt to 120 and timer to 20 minutes.
- Once time is up, check if sausage is done.
- If done, bring it out and set to cool.
- If it's not done, put it back inside for another five minutes



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Fast Vanilla Cake

Prep: **40mins** Cook: **4mins** Mode: **Microwave**

INGREDIENTS

1 Cup all-purpose Flour • $\frac{1}{2}$ tsp of Baking Soda • 1 tsp of Vanilla Extract
 $\frac{1}{2}$ Cup Sugar • 2 Large Egg • $\frac{1}{2}$ Cup Milk • $\frac{1}{2}$ Cup Oil • Salt

Facts about Neochef

Even Heating: Heat every dish to an even temperature using delicate temperature controls for a more satisfying and tastier dining experience.

PROCEDURE

- Mix all dry ingredients together, and sieve into a bowl.
- Add oil, eggs and vanilla essence.
- Mix gradually together using a whisk.
- Then, add milk and continue to mix with whisk till it becomes smooth.
- Butter the microwave-safe container or silicon mode, cut out a baking paper the size of the dish and place it at the bottom.
- Pour the batter (the mix) into the dish and put it in your LG microwave.
- Set mode to 'microwave' and timer to 2 minutes.
- Once the timer is up, check if the cake is baked. If baked, bring it out.
- If not, put it back in and bake for another 2 minutes.
- Cake should be ready after that.



Chocolate Mug Cake

Prep: 5mins Cook: 4mins Mode: Microwave

Dry Ingredients : 3 tbsp all-purpose flour • 2 tbsp cocoa powder
1/4 tsp baking powder • 3 tbsp sugar • A pinch of salt

Wet Ingredients : 2 tbsp Veg Oil • 1/2 tsp Vanilla Extract • 1/2 tsp chocolate extract
1 egg yolk • 1/2 tbsp hot water • Glaze (Chocolate syrup)

Facts about NeoChef

Various Cooking: With just one appliance, you can fry up foods or simply warm them up. Plus, the NeoChef™ can even ferment home-made yogurt.

PROCEDURE

- Mix all dry ingredients together, and sieve into a bowl.
- Add wet ingredients
- Mix gradually together using a whisk.
- Then, add hot water and continue to mix with whisk till it becomes smooth
- Butter the mug
- Pour the batter (the mix) into the mug and put it in your LG microwave.
- Set mode to 'microwave' and timer to 1 minute.
- Once the timer is up, bring it out.
- Glaze your cake with some chocolate syrup.
- Enjoy



Easy Grilled Chicken Sandwich

Prep: **10mins** Cook: **4mins** Mode: **Grill**

INGREDIENTS

1 cup of shredded cooked chicken • ½ chopped green bell pepper • 1/4 cup of chopped tomatoes
½ cup of chopped cabbage • ½ cup of chopped onion • 3 Tbsp of mayonnaise
½ cup of grated carrot • 1 Tsp of chili pepper • Sliced bread • Salt

Facts about Neochef

Even Defrosting: By adjusting the temperature to fit the job, meat can be evenly and thoroughly defrosted more perfectly than you've ever experienced.

PROCEDURE

- Preheat the oven for 4 minutes.
- Mix all ingredients in a bowl to make the sandwich filling.
- Butter one side of the two sliced bread and put the filling in between them.
- Note: the filling should be on the reverse side of the buttered slices.
- Arrange the sandwich on racks inside the microwave oven.
- Set mode to 'grill' and timer to 3 minutes.
- Grill and flip the sandwich to the other side and grill for another 2 minutes.
- When the time is up, check if the cake is baked.
- If it's not baked, put it back in and bake for another 2 minutes.
- Sandwich should be ready.



Popcorn

Prep: **1min** Cook: **5mins** Mode: **Microwave**

Facts about Neochef

LED Lamp: The interior white LED lamp is 3 times brighter and more energy efficient than the lights on conventional models, allowing you to easily check on the food's status without opening the microwave.

INGREDIENTS

½ cup of popcorn kernels

2 tbsp of vegetable oil

2 tbsp of butter

½ cup of sugar

½ tsp of salt

PROCEDURE

- Mix all ingredients in a microwave-safe container.
- Cover popcorn mix with microwave cover.
- Put it in the microwave.
- Set mode to microwave mode and timer to 5 minutes.
- Once the timer is up, bring it out and serve after popcorn has finished popping.



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Custard

Prep: 5mins Cook: 4mins Mode: Microwave

INGREDIENTS

3 tbsp custard powder • 3 tbsp room temperature water • 1/2 cup of hot water
1/2 cup of milk • Fruits (Strawberry, kiwi, Apple, coconut shavings)

Facts about Neochef

Compact Size, Bigger Capacity: The new generation of the NeoChef™ microwave oven is more compact than its predecessor, but with a much larger interior capacity. The compact size means it can fit into even the smallest kitchens but provides enough room for tall or wide dishes.

PROCEDURE

- Add custard powder to a microwave friendly bowl.
- Add room temperature water to dissolve.
- Mix gradually together using a whisk.
- Then, add hot water and continue to mix with whisk till it becomes smooth.
- Transfer to your LG microwave for 30 seconds.
- After 30 seconds, bring out and stir to eliminate lumps.
- Transfer to your LG microwave for another 30 seconds.
- Take out and mix
- Garnish with fruits and milk
- Your custard is ready



Quick Tomato Pasta

Prep: 5mins Cook: 4mins Mode: Microwave

INGREDIENTS

Chicken breast chunks (optional) • Chicken seasoning • 1 tsp of rosemary
1 tsp of curry • Parsley leaf • Tomato mix • 3 tbsps of oil • 1 tsp of salt
Hot water • Pasta

Facts about Neochef

Stable Ring: The innovative hexagonal ring stabilizes the turntable with six support points, which prevents off-center items from tipping and spilling during cooking.

PROCEDURE

- Pour the pasta in a bowl with hot water.
- Set aside for 3 minutes.
- Mix all ingredients (except oil and tomato mix) in a smaller bowl.
- Drain pasta from water and put it in a microwave-safe dish.
- Add the mixed ingredients and tomato mix with chicken chunks.
- Mix them together, and add a bit of water. Then, mix again.
- Cover dish with a silicon cover.
- Put it in the microwave and set mode to 'cook' and timer to 4 minutes
- Check from time to time for softness.
- If pasta is done, bring it out and stir.
- Then, garnish with some parsley leaf and serve.



Potato Chicken Pepper Soup

Prep: 5mins Cook: 4mins Mode: Microwave

Facts about Neochef

Healthy Cooking with Charcoal Lighting Heater™: The Charcoal Lighting Heater's revolutionary charcoal filament provides a natural way to cook more flavorful meals in less time. Charcoal heating enhances heat absorption just like real charcoal grilling, so that you can cook the way it's supposed to be.

INGREDIENTS

- Chicken breast (biteable sizes)
- Sweet potato (Peeled and cut)
- 3 tbsp of pepper soup spice
- 1 tsp of cameroon pepper
- 1 tbsp of ground crayfish
- ½ of chopped onion
- 1 cup of water
- 2 stock cubes
- ½ tsp of salt

PROCEDURE

- Clean and cut the chicken breast.
- Put all the ingredients in a microwave-safe container.
- Add water, then place it in your microwave oven LG.
- Set the timer to 6 minutes and watts to 1000.
- After 6 minutes, check if it is soft.
- If yes, bring it out; if not, put it back for 3 minutes.
- Pepper soup should be ready after that.



Curry Chicken

Prep: 5mins Cook: 4mins Mode: Microwave

Facts about Neochef
Healthy Cooking: The Healthy Roasting and Fry* settings lets you prepare dishes that are healthy but also flavourful. The Healthy Fry function reduces fat from any dishes by up to 72% and the Healthy Roasting function gives a benefit of 72g fat loss, compared to the conventional model.

INGREDIENTS

- 400g chicken breasts (cut into chunks)
- 4 garlic cloves (crushed)
- 1 tsp of turmeric powder
- ½ cup of water or stock
- 1 ginger root (peeled)
- ½ cup of plain yogurt
- 1 tbsp of lemon juice
- 400g tomato sauce
- 2 onions (chopped)
- 1/4 cup of olive oil
- 2 dried red chillies
- 1 cinnamon stick
- Salt and pepper

PROCEDURE

- Add all ingredients in a deep and large microwave-safe bowl and mix well.
- Cover with plastic wrap and vent.
- Place food in your LG microwave oven. Choose the menu and press START.
- Stir at least twice during cooking, and microwave for 4 minutes on 700 Watt.



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