

prepoloogy

# Microwave Deep Pan



DESIGNED FOR MICROWAVE USE ONLY

PLEASE READ AND RETAIN THESE INSTRUCTIONS  
FOR FUTURE REFERENCE

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# Features and Benefits

Thank you for purchasing the Prepology Microwave Deep Pan! With this convenient tool, you can prepare food that looks like it was cooked using traditional methods. It's perfect for a wide range of dishes, from vegetables to steak and more. The pan is made from a special material designed to capture and focus microwave energy, allowing it to cook food quickly at high temperatures. The results are sure to satisfy even the pickiest eater.

Made with an advanced, microwave-safe composite alloy that directs heat to the food, preventing soggy results.

Raised grill lines create authentic grill marks and help drain away excess fat.

Non-stick surface for easy cleanup.

# Product Contents



<b>Contents</b>	Transparent glass lid and nonstick deep pan
<b>Dimensions</b>	Diameter 8.9" Height 2.3" (without lid) /4.4" (with lid)
<b>Cooking surface</b>	Diameter 7.5"
<b>Full Volume</b>	1.3 Quart Safety Volume: 0.96 Quart

# Important Safety Instructions

**READ ALL INSTRUCTIONS BEFORE USING THIS PRODUCT.**

**PLEASE KEEP THE INSTRUCTION MANUAL.**

Always follow basic safety precautions when using this product, including the following:

## **WARNING:**

1. **Only** Suitable for the microwave power **1000W and below**.
2. Children must not use this microwave deep pan as it becomes extremely hot in use.
3. When using this product, handle all surfaces with oven gloves or hand heat safety.
4. Handling hot surfaces with wet oven gloves can produce steam causing serious burns to the skin.
5. The product operates with home microwave ovens, not commercial use.
6. **DO NOT** use on direct fire, grills, gas stoves, electric heaters, induction cookers, or similar heat sources—doing so may damage the product or even cause a fire.
7. **DO NOT** microwave for longer than 25 minutes continuously.
8. **DO NOT** use more than twice before allowing to cool for 30 minutes.
9. **DO NOT** preheat the product more than 2 minutes in a microwave when empty. This can cause overheating.
10. Should Sparking, arcing or any other unusual malfunction occur during the cooking operation, stop microwave use immediately. and discontinue all further use of this product.

## **CAUTION:**

1. The pan is designed to be used with a microwave that incorporates a turntable. While it is possible to use it with a non-turntable model, this will lead to the risk of uneven cooking.
2. Always check silicone edging is in tact. If metal edges are exposed this can cause arcing in use.
3. This pan is suitable for a microwave operating in microwave mode only.
4. Do not place other accessories in the microwave while cooking with this product.
5. Do not use metal utensils on non-stick surface.

## **Note:**

1. Cooking times may be reduced by about 20 seconds if you use the pot again before it has completely cooled.
2. All parts of this pot are dishwasher safe. However we would caution that dishwashing can effect the long-term life of non-stick surface.
3. For safety and best results, put the pot in the center of the microwave turntable when using.
4. After use, do not clean or store your pot until it has thoroughly cooled down.
5. Ensure to place an insulating mat underneath the pot when placing on desktop from the microwave.
6. Heating time may vary depending on your microwave model. Please adjust the time while keeping an eye on the cooking process.
7. When first used, there may be a slight silicone odor, but this will gradually fade with time.

# Start to Use

## Before First Use

1. For first-time use, remove all packaging, including any stickers, protective film, or plastic covering on the product.
2. Wash the lid and pan in warm soapy water with a soft cloth.  
**WARNING:** When washing the pan ensure no sharp objects contact the nonstick surface, as this may cause damage and affect the non-stick performance.  
**NOTE:** If you wish you can wash the product in a dishwasher. However, we would advise that long term dishwashing can adversely affect non-stick surfaces.
3. Rinse and dry if necessary.

## Using your Microwave Deep pan

1. **Only** Suitable for the microwave power **1000W and below**.
2. Place the cooking pot in the center of the microwave's turntable. Set the microwave to the desired cooking time and press START.  
**WARNING: Always place the cooking pot on a heat-resistant surface, as it gets very hot during use.**
3. After cooking, carefully remove the pot from the microwave using oven gloves or a similar item. Check if the food is cooked thoroughly. If it's not fully cooked, return it to the microwave and select additional cooking time.
4. Once cooking is complete, remove your food from the cooking pot and let it cool before cleaning.  
**NOTE: Do not** use sharp or abrasive utensils on the non-stick surface. This can cause irreversible damage and affect its non-stick performance.
5. Locate the Lid ensuring it is correctly located over the pan.

# Cleaning and Maintenance

Allow your microwave pan to cool completely before cleaning. We recommend cleaning it after each cooking session to prevent harmful food deposits from building up. Follow these steps:

1. Place your cooking set on a flat surface.
2. Remove the lid.
3. Wash the lid and pot in hot, soapy water or in a dishwasher.

**NOTE:** Dishwashers can shorten the lifespan of non-stick surfaces. Rinse and dry thoroughly.

If you do choose to put your non-stick pan in the dishwasher, please choose alkaline-based detergents to dissolve grease, oil and fats.

**WARNING:** Do not use abrasive or sharp cleaning products on any part of the product, as this may cause permanent damage, especially to the non-stick surfaces.

**Storage:** Keep it in a dry place, out of reach of children.

# Cooking Time Guidance

FOOD TYPE	COOKING TIME (min)	TURN OVER	LID ON/OFF	MICROWAVE POWER	COMMENTS/ TIPS
Burgers	3+3	YES	ON	700	Turn at 3mins
Baked Potato	5+3	NO	3min OFF	700	Pierce potato and lightly oil. Turn at halfway point
Salmon Fillet	4+3	YES	ON	700	
Toast	1.5 + 1	YES	OFF	700	
Chicken	13	NO	ON	700	Preheat for 2mins, then add chicken and lightly oil.
Steak	4+2	YES	OFF	700	Preheat for 2mins, then add steak and lightly oil.
Rice	13	NO	ON	700	with 9.9oz water

**NOTE:** These times are only guidelines, as cooking times can vary significantly based on the size and freshness of the food, as well as the power of your microwave. Recommend always checking internal meat temp before consuming. After cooking a few times, you'll develop a better understanding of what works best for you. For more detailed recipes, refer to the included recipes.

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# Microwave Grilled French Toast

## Ingredients:

- 2 slices brioche or white bread
- 1 egg
- ¼ cup milk
- ¼ tsp cinnamon
- Maple syrup for topping

## Steps:

1. In a bowl, whisk egg, milk, and cinnamon until smooth.
2. Dip each bread slice in the egg mixture until soaked.
3. Preheat the microwave grill. Place the soaked bread on it.
4. Grill for 1-2 minutes per side until golden and slightly crisp.
5. Top with syrup and fresh berries before serving.



# Microwave Grilled Quesadilla

## Ingredients:

- 1 large flour tortilla
- ½ cup shredded cheese
- ¼ cup cooked chicken or veggies

## Steps:

1. Place the tortilla on the microwave grill. Add cheese and chicken on one side.
2. Fold the tortilla over.
3. Grill for 2-3 minutes until the cheese melts.
4. Slice into wedges and serve with salsa or guacamole.



## Grilled Caprese Panini

### Ingredients:

- 1 ciabatta roll, sliced
- 2 slices mozzarella
- 2 tomato slices
- Fresh basil leaves
- Balsamic glaze

### Steps:

1. Assemble the sandwich: mozzarella, tomato, and basil between the ciabatta slices.
2. Grill the sandwich for 2-3 minutes, pressing lightly to melt the cheese.
3. Drizzle with balsamic glaze and serve.



# Microwave Grilled Steak Fajitas

## Ingredients:

- ½ lb steak strips
- 1 bell pepper, sliced
- 1 onion, sliced
- 1 tsp fajita seasoning
- Tortillas for serving

## Steps:

1. Season steak and veggies with fajita seasoning.
2. Grill on the microwave grill for 5-6 minutes, flipping halfway.
3. Serve in warm tortillas with your favorite toppings.



## BBQ Grilled Salmon

### Ingredients:

- 2 salmon fillets
- ¼ cup BBQ sauce
- Lemon wedges for serving

### Steps:

1. Brush salmon fillets with BBQ sauce.
2. Grill for 4-5 minutes, flipping once.
3. Serve with lemon wedges and a side of rice or vegetables.



# Microwave Grilled Cheeseburger

## Ingredients:

- 2 ground beef patties
- 2 hamburger buns
- Cheese slices and toppings (lettuce, tomato)

## Steps:

1. Grill the patties for 3-4 minutes, flipping halfway.
2. Toast the buns on the grill for 30 seconds.
3. Assemble burgers with cheese and toppings.



## Grilled Pita Pizza

### Ingredients:

- 1 pita bread
- 2 tbsp marinara sauce
- ½ cup shredded mozzarella
- Pepperoni slices (optional)

### Steps:

1. Spread marinara on the pita.
2. Add mozzarella and pepperoni.
3. Grill for 2-3 minutes until the cheese melts.



# Microwave-Grilled Sausage, Peppers, and Onions

## Ingredients:

- 4 sausage links (Italian or bratwurst)
- 1 bell pepper (red, green, or yellow), sliced
- 1 small onion, sliced
- 1 tbsp olive oil
- 1/2 tsp Italian seasoning
- Salt and pepper to taste

## Steps:

1. Toss bell peppers and onions with olive oil, Italian seasoning, salt, and pepper in a microwave-safe dish.
2. Place sausages on the microwave grill and arrange seasoned peppers and onions around them.
3. Microwave grill on high for about 7-10 minutes, checking halfway and flipping sausages.
4. When sausages are fully cooked and peppers and onions are soft, remove, and let rest for 1 minute before serving.



## Grilled Shrimp Stir Fry

### Ingredients:

- 12 large shrimp, peeled and deveined
- 1/2 cup broccoli florets
- 1/2 cup sliced bell pepper (any color)
- 1/2 cup snap peas
- 1 tbsp soy sauce or coconut aminos
- 1 tsp sesame oil
- 1/2 tsp garlic powder
- Optional: sprinkle of sesame seeds for garnish

### Steps:

1. Toss Broccoli, bell pepper, and snap peas with soy sauce, sesame oil, and garlic powder in a microwave-safe dish.
2. Spread the mixture evenly on the microwave grill.
3. Microwave grill on high for about 2-3 minutes
4. Add Shrimp, cook an additional 2-3 minutes until the shrimp is pink and vegetables are tender-crisp.
5. Sprinkle with sesame seeds before serving.

A top-down view of a red microwave grill with a black interior. Two pieces of chicken cordon bleu are cooking on the grill. The chicken is coated in a golden-brown breadcrumb crust. The grill is set on a metal wire rack over a dark wooden surface. The red lid of the grill is partially visible at the top right.

# Microwave Chicken Cordon Bleu

## Ingredients:

- 1 boneless, skinless chicken breast
- 1 slice deli ham
- 1 slice Swiss cheese
- 1 tbsp breadcrumbs (optional)
- 1/2 tsp olive oil

## Steps:

1. Pound the chicken breast to 1/2-inch thickness. Lay ham and cheese on top, then roll up the chicken, securing with toothpicks.
2. Brush with olive oil and sprinkle with breadcrumbs for a little crunch.
3. Place on the microwave grill and cook on high for 8-10 minutes, flipping halfway, until the chicken is cooked through and cheese is melted.
4. Let rest 1-2 minutes before serving.

