

# Rocky Road Cake in a Mug

## Ingredients

- 2 tbsp butter
- 1 tbsp cocoa powder
- 1 medium egg
- 3 tbsp caster sugar
- 2 tbsp self-raising flour
- 4 tbsp mini marshmallows
- 1 tbsp raisins
- 2 tbsp. broken rich tea biscuits

1. Add the butter to a large microwavable mug of at least 350ml. Microwave for 10-20 seconds to melt.

2. Add the cocoa powder and stir to combine. Next add the egg and sugar, beating with a fork.

3. Add the flour and beat again until smooth. If the mug is more than half full, scoop out some of the mixture to prevent the cake spilling over during cooking.

4. Stir in most of the marshmallows, raisins and biscuits and sit the remaining on top.

5. Place the mug in the microwave and cook on full power for 1 minute 40 seconds. Check that the mixture is cooked. If not, add time and check at 30 second intervals until it is completely cooked through.



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# Fuss-Free Poached Egg

## Ingredients

- 1 medium egg
- Pinch of salt
- Recently boiled water

1. Using water from a recently boiled kettle, half fill a microwavable mug.
2. Add a pinch of salt and carefully crack the egg into the water.
3. Microwave on full power for 30 seconds.
4. Check the egg. If necessary, cook for a further 30-45 seconds, checking at 15 second intervals until poached to the desired consistency.
5. Drain and serve.

Why not try... Serving with toasted English muffins, steamed spinach and Hollandaise sauce.



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# Perfect Jacket Potato

## Ingredients

- 1 medium baking potato
- 1 tbsp olive oil
- Sea salt

1. Thoroughly wash and dry the potato.
2. Using a fork prick the potato skin in 4 or 5 places.
3. Rub the oil and sea salt into the potato. This helps to crisp up the skin for an oven-style jacket potato.
4. Place on a microwavable plate and cook on full power for 4 minutes.
5. Turn the potato and cook for a further 3-4 minutes, checking the progress at 1 minute intervals.\*
6. Serve with your favourite filling.

\*Cooking times will vary depending on the size of the potato



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# Steamed Salmon, Baby Potatoes & Asparagus

## Ingredients

- 2 salmon fillets
- 300g baby potatoes
- 250g asparagus
- 1 tsp butter
- 2 slices lemon
- 1 tbsp. chopped dill
- Salt and pepper

1. Place the potatoes in a microwavable container with the butter. Season and cover with cling film. Cook on full power for 4-5 minutes or until cooked. Keep covered.
2. Meanwhile, place the salmon in a microwavable container with the lemon and dill. Season and cover with cling film. As soon as the potatoes are cooked, cook the salmon on full power for 3 minutes. If necessary, extend the cooking time by up to 2 minutes, checking at regular intervals until the salmon is cooked through.
3. Finally, wash and trim the asparagus, cover and cook for 2-3 minutes, then serve with the salmon and potatoes.



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# Mac & Cheese in a Mug

## Ingredients

- ½ cup macaroni
- 1 cup water
- ½ cup grated cheddar cheese
- 1 cup water
- Pinch of salt

1. Add the macaroni to a microwavable mug of at least 350ml and cover with water, adding a pinch of salt. You may need to vary the water level depending on mug size, ensuring there is enough to cover the pasta.
2. Microwave on full power for a total of 8 minutes, or until al dente, stirring after every 2 minutes and adding more water if necessary.
3. Add the cheese to the pasta, mixing with the small amount of water remaining at the bottom of the mug.
4. If the cheese is not completely melted, put the mug back in the microwave for 30-60 seconds.
5. Stir, allow to cool sufficiently and tuck in.



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