

Your Thermomix Adventures

speedy dinners

with Lisa Keegan



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Hoisin pork bowl



Quick Gyros with Tzatziki



Garlic prawns



Prawn and noodle stir-fry



Beef tacos



Pasta in tomato sauce with chorizo



Seared steak and rocket salad



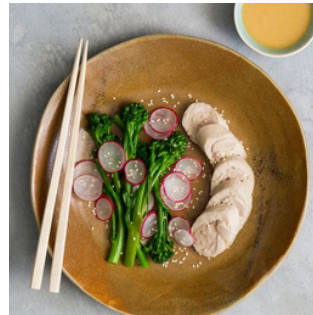
Maple Teriyaki Salmon with Rice and Broccoli



Chiang mai noodles



Breast of Chicken in Pizzaiola Sauce



Poached chicken with liquid stock



Chicken teriyaki



Veggie Loaded Pasta Sauce



Coconut Dhal



Mushroom stroganoff



Aubergine, Coconut and Peanut Curry

Supporting you to get the most from your Thermomix

All recipes can be made on the TM31, TM5 & TM6 - See [Thermomix Adventures](#) for the video tips