

kilo
solution
By/For **Starfrit**



SILICONE STEAMER

PAPILLOTE 2-4 SERVINGS

Instructions
for use &
recipes



Isabelle Huot
PhD in nutrition

BPA FREE

Healthy Lifestyle – Made Simple!



Kilo Solution products by Starfrit aim to simplify your healthy lifestyle through innovation. All Kilo Solution products by Starfrit have been designed in collaboration with Isabelle Huot, PhD in nutrition. A great communicator and wellness motivator, Isabelle's extensive background includes lifestyle coaching, clinical nutrition and the development of nutritional solutions that will help support and simplify your daily healthy lifestyle.

www.starfrit.com/kilosolution



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Features

- 100% pure premium silicone
- Heat resistant to temperatures up to 230 °C / 446 °F
- Rigid, easy-to-grip handles
- Non-stick, stain-resistant surface
- Microwave, oven and freezer safe
- BPA free
- Dishwasher safe

The Benefits of Steam Cooking

- Steam cooking enhances flavors while preserving nutrients and essential vitamins of steamed vegetables, fish and meats
- Fish cooks without drying and meat remains tender
- No need to add water or oil



Guide to Microwave Steam Cooking

ITEMS	KILO SOLUTION SERVING	SUGGESTED COOKING TIME	
		FRESH	FROZEN
VEGETABLES			
Asparagus	6 medium sized	1 min	1 min 30 sec
Bok-choy	125 ml (½ cup) shredded*	1 min	
Broccoli Florets	125 ml (½ cup)	1 min	1 min 30 sec
Carrot	125 ml (½ cup) or one big carrot, sliced	2 mins	3 mins
Celeriac	125 ml (½ cup)	1 min 45 sec	
Mushrooms	125 ml (½ cup) chopped	1 min	
Cabbage	250 ml (1 cup) shredded	2 mins	
Brussels Sprouts	5 units*	2 mins	3 mins
Cauliflower	125 ml (½ cup)	1 min	1 min 30 sec
Zucchini	125 ml (½ cup) sliced	1 min	
Butternut Squash	125 ml (½ cup) cubed	1 min 30 sec	
Spinach	250 ml (1 cup) shredded	45 sec	
Bean Sprouts	125 ml (½ cup)	1 min	
Yellow and Green Beans	125 ml (½ cup)	1 min	1 min 30 sec
Potato	1 medium potato (175 g), diced	3 mins 30 sec	
Baby Potatoes	3 units	4 mins	
Kernel Corn	125 ml (½ cup)		2 mins
Corn on the Cob	1 cob	3 mins	
Asian Frozen Mixed Vegetables	125 ml (½ cup)		2 mins 30 sec

ITEMS	KILO SOLUTION SERVING	SUGGESTED COOKING TIME	
		FRESH	FROZEN
VEGETABLES			
Turnip	125 ml (½ cup) cubed*	2 mins	
Parsnip	125 ml (½ cup) sliced**	2 mins	
Snow Peas	125 ml (½ cup) or 14 cloves	1 min	1 min 30 sec
Pepper	125 ml (½ cup) sliced	1 min	
Green Peas	125 ml (½ cup)**		2 mins
PROTEINS		FRESH	FROZEN
Haddock	90 g	2 mins	
Salmon / Trout	90 g	3 mins	
Chicken Breast	90 g	3 mins	
Cod Fillet	90 g	3 mins	
Mahi-mahi	90 g	3 mins	
Halibut Fillet	90 g	3 mins	
Sliced Sirloin Beef	90 g	1 min 30 sec	
Shrimps	75 g		2 mins
Edamame	175 ml (¾ cup)**		4 mins

* It is recommended to add 1 tbsp (15 ml) of water

** It is recommended to add 2 tbsp (30 ml) of water

The suggested cooking times are approximates and determined with a 1500W microwave with turntable.

My personalized cooking guide

ITEMS	KILO SOLUTION SERVING	SUGGESTED COOKING TIME	
		FRESH	FROZEN

How to use

- Wash thoroughly before first use.
- Place your meat, poultry or fish and add your favorite vegetables in the silicone steamer. Season to taste and cover while cooking in the microwave.
- Once the content is cooked, wait a few minutes before removing foods from the steamer.
- To remove chilled or frozen food from the steamer, simply run warm water under the steamer for a few seconds (keeping lid in place).



CAUTION

Use caution when removing from the microwave as product may be hot. Beware of hot steam when removing cover.

Key to successful microwave cooking

- Cooking on high power can result in overcooking. Optimize your microwave experience by learning to adjust its power levels. For the best results, refer to your microwave's instruction manual.

Care instructions

- Should not be used with knives, forks or other sharp metal utensils.
- Avoid contact with direct flame or heat source.
- Should not be used for roasting.
- An empty steamer should never be placed in the oven.
- Do not use abrasive cleaners or scouring pads to clean.

Cleaning

- Dishwasher safe.



Isabelle's recipes



Sautéed Red Curry Chicken

INGREDIENTS FOR 2 PORTIONS

5 ml	(1 teaspoon) red curry paste, to taste
90 ml	(6 tablespoons) coconut milk
90 ml	(6 tablespoons) chicken or vegetable broth
180 g	(6 oz) chicken breast, cut into strips
60 ml	(¼ cup) onion, chopped
To taste	salt
250 ml	(1 cup) broccoli, cut into small florets
1	red pepper, cut into strips
30 ml	(2 tablespoons) fresh coriander, chopped

SUGGESTED SIDE DISH:

Serve with 125 ml (½ cup) of basmati rice.

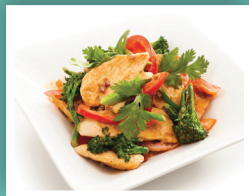


Image from “ Le programme Kilo Solution ”

In a bowl, mix together the red curry paste, coconut milk and chicken or vegetable broth. Set aside.

Place the chicken and the onion in the steamer, add the sauce and season to taste.

Cover and cook in the microwave for 2 minutes.

Add the broccoli and red pepper to the steamer and mix well. Cover and cook for another 3 minutes.

Garnish with fresh coriander and serve.

Sautéed Pork and Swiss Chard

INGREDIENTS FOR 2 PORTIONS

125 ml	(½ cup) vegetable broth
15 ml	(1 tablespoon) of soy sauce
10 ml	(2 teaspoons) lime juice
1	garlic clove, chopped
10 ml	(2 teaspoons) grated ginger
180 g	(6 oz) pork tenderloin, cut into strips
To taste	pepper
5 or 6	leaves of Swiss chard

SUGGESTED SIDE DISH:

Serve on a bed of 125 ml (½ cup) of rice noodles.



Image from “ Le programme Kilo Solution ”

In a bowl, mix the broth, soy sauce, lime juice, garlic and ginger. Set aside.

Place the pork in the steamer, add the sauce, cover and cook in the microwave for 1 ½ minutes.

Meanwhile, in a bowl, using a small knife, remove the stems of the Swiss chard from the leaves. Cut the stems into sections and coarsely chop the leaves. Set aside.

Add the sections of Swiss chard to the steamer, cover and cook for 1 minute.

Finally, add the Swiss chard leaves to the steamer, cover and cook for 30 seconds.

Steamed Whitefish with Vegetables

INGREDIENTS FOR 2 PORTIONS

10 ml	(1 teaspoon) olive oil
2	fillets of cod, 100 g (3 ½ oz) each
To taste	salt and pepper
125 ml	(½ cup) red peppers, diced
125 ml	(½ cup) zucchinis, diced
1	garlic clove, chopped
1	pinch of Espelette chili pepper

SUGGESTED SIDE DISH:

Serve with 125 ml (½ cup) of quinoa cooked in vegetable broth.



Image from " Le programme Kilo Solution "

Place the fillets of cod in the steamer, add salt and pepper. Cover and cook in the microwave for 2 minutes.

Spread the pepper, zucchini, and garlic over the fish. Sprinkle with the Espelette chili pepper, cover and cook in the microwave for another 2 minutes.

Steamed Salmon with Lemon and Gremolata

INGREDIENTS FOR 2 PORTIONS

1	lemon
2	fillets of salmon, 90 g (3 oz) each
To taste	salt and pepper
20 ml	(4 teaspoons) of capers, rinsed, drained and chopped

Gremolata

15 ml	(1 tablespoon) lemon zest
30 ml	(2 tablespoons) fresh parsley, chopped
½	garlic clove, chopped
2.5 ml	(½ teaspoon) lemon juice
5 ml	(1 teaspoon) olive oil

SUGGESTED SIDE DISH:

Serve with 250 ml (1 cup) of green beans and 1 small finely-chopped shallot, steamed or sautéed in 5 ml (1 teaspoon) of olive oil.

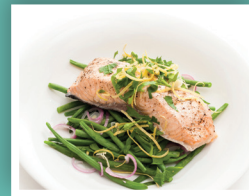


Image from " Le programme Kilo Solution "

Take the lemon zest and set aside. Cut the lemon into slices.

Spread 2/3 of the lemon slices over the bottom of the steamer and place the salmon fillets on top of the lemon slices. Salt and pepper. Add the lemon zest, the capers and the remainder of the lemon slices. Cover and cook in the microwave for 2 to 3 minutes according to the thickness of the salmon fillets.

Meanwhile, in a small bowl, mix all of the ingredients for the gremolata.

Serve the salmon with the gremolata.

Indian Chick Pea Ratatouille

INGREDIENTS FOR 2 PORTIONS

10 ml	(2 teaspoons) olive oil
2.5 ml	(½ teaspoon) cumin or 5 ml (1 teaspoon) of garam masala
2.5 ml	(½ teaspoon) coriander seeds
90 ml	(6 tablespoons) onion, chopped
250 ml	(1 cup) eggplant, diced
250 ml	(1 cup) zucchinis, diced
250 ml	(1 cup) tomatoes, diced
320 ml	(1 ⅓ cups) canned chick peas, rinsed and drained

SUGGESTED SIDE DISH:

Serve with 125 ml (½ cup) of brown rice or half a naan bread.



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In a small bowl, mix the oil and the spices together. Set aside.

Place the onion, eggplant, zucchinis and tomatoes in the steamer, add the oil and the spices, mix well. Cover and cook for 4 minutes in the microwave.

Add the chick peas, cover and cook for 1 minute in the microwave.



In addition to the Silicone Steamer, the Kilo Solution product line includes several practical culinary aids that will help you prepare healthy and balanced meals in no time!
Visit our website to discover the whole range of products.

www.starfrit.com/kilosolution