

kilo
solution
By/For **Starfrit**



SILICONE STEAMER

PAPILLOTE 1-2 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			
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



Egg Ramekin with Tomato Salsa

INGREDIENTS FOR 1 PORTION

2	eggs
15 ml	(1 tablespoon) milk (1% m.f.)
To taste	salt and pepper
2	small Italian tomatoes, deseeded and diced
½	green onion, chopped
To taste	Cayenne pepper
30 g	(1 oz) low-fat mozzarella cheese (17% m.f.), grated

SUGGESTED SIDE DISH:

Serve with a slice of whole grain bread or half an English muffin.



Image from " Le programme Kilo Solution "

Whip the eggs with the milk, then salt and pepper to taste.

Pour the mixture into the steamer, cover and cook in the microwave for 1 minute.

Meanwhile, prepare the tomato salsa by mixing together the tomatoes, onion and Cayenne pepper.

In the steamer, spread the salsa on top of the eggs, sprinkle with cheese, cover and put back in the microwave for about 30 to 45 seconds, or until the cheese is melted.

Chicken with Lemon and Green Olives

INGREDIENTS FOR 2 PORTIONS

180 g	(6 oz) chicken breast, cubed
60 ml	(¼ cup) onion, chopped
1	small lemon, zest and juice
60 ml	(¼ cup) low-sodium chicken broth
7	green olives, pitted and sliced
15 ml	(1 tablespoon) tarragon
To taste	salt and pepper

SUGGESTED SIDE DISH:

Serve with 125 ml (½ cup) whole wheat couscous and choice of vegetables.



Image from " Le programme Kilo Solution "

Place all of the ingredients in the steamer, mix well, cover and cook in the microwave for 3 minutes or until the chicken is completely cooked.

Thai Haddock

INGREDIENTS FOR 1 PORTION

1	fillet of haddock, 90 g (3 oz)
30 ml	(2 tablespoons) light coconut milk
5 ml	(1 teaspoon) fish sauce (nuoc-mam)
½	juice of a lime
1 ml	(¼ teaspoon) of sambal oelek
30 ml	(2 tablespoons) red pepper, diced
½	green onion, chopped
5 ml	(1 teaspoon) fresh ginger, grated
To taste	salt and pepper
7.5 ml	(½ tablespoon) fresh coriander, chopped

SUGGESTED SIDE DISH:

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



Image from " Le programme Kilo Solution "

Place all of the ingredients in the steamer except the coriander. Cover and cook in the microwave for 2 to 3 minutes according to the thickness of the fillet.

Garnish with coriander and serve.

Fillet of Trout with Fennel

INGREDIENTS FOR 1 PORTION

1	fillet of trout, 90 g (3 oz), skinless
¼	fennel bulb, finely chopped
1	small tomato, deseeded and diced
5 ml	(1 teaspoon) olive oil
To taste	salt and pepper



Image from " Le programme Kilo Solution "

Place the fillet of trout, the fennel and the tomato in the steamer. Drizzle with olive oil, add salt and pepper.

Cover and cook in the microwave for 2 to 3 minutes according to the thickness of the trout.

SUGGESTED SIDE DISH:

Serve with 125 ml (½ cup) cooked orzo and 125 ml (½ cup) of desired vegetables (diced zucchinis, peppers, carrots and/or celery) sautéed in 5 ml (1 teaspoon) of olive oil and garnish with 5 ml (1 teaspoon) fresh parsley.

Sautéed Asian Tofu

INGREDIENTS FOR 2 PORTIONS

60 ml	(¼ cup) onion, chopped
250 ml	(1 cup) of a medley of frozen Asian vegetables (not thawed)
30 ml	(2 tablespoons) soy sauce
5 ml	(1 teaspoon) honey
5 ml	(1 teaspoon) fresh ginger, chopped
1	garlic clove, chopped
150 g	(5 oz) firm tofu, cubed
To taste	salt and pepper
30 ml	(2 tablespoons) cashews, coarsely chopped

SUGGESTED SIDE DISH:

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



Image from " Le programme Kilo Solution "

Place all of the ingredients in the steamer, cover and cook in the microwave for 2 minutes.

Garnish with cashews and serve.



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