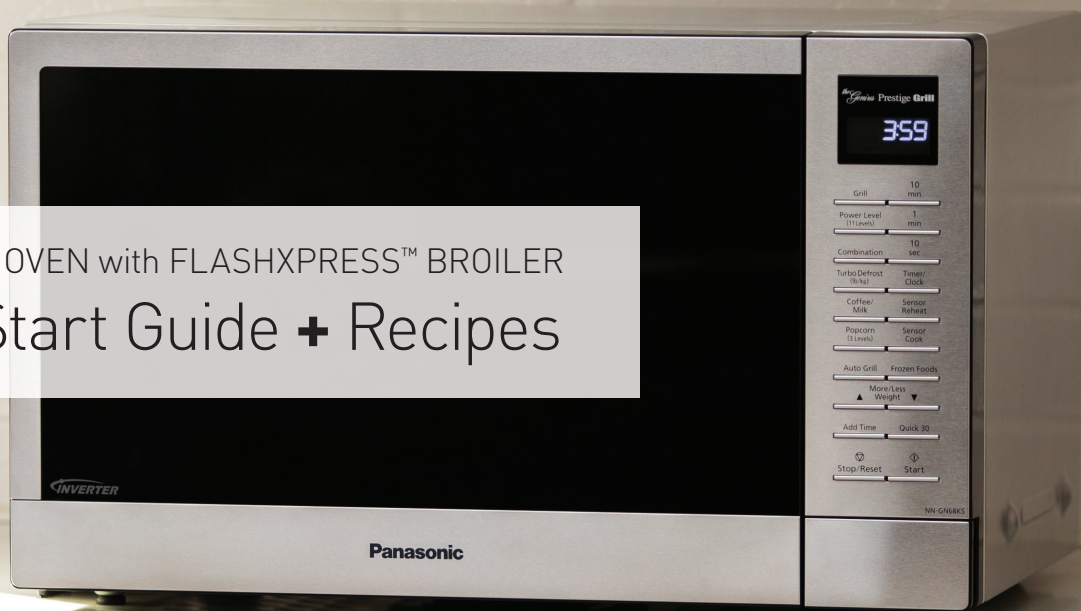


Panasonic

MICROWAVE OVEN with FLASHXPRESS™ BROILER

Quick Start Guide + Recipes



EXPERIENCE
FRESH



speed of a microwave + FlashXpress™ = oh yes!

FlashXpress™ broiler = infrared heat = instant heat = **no preheating**

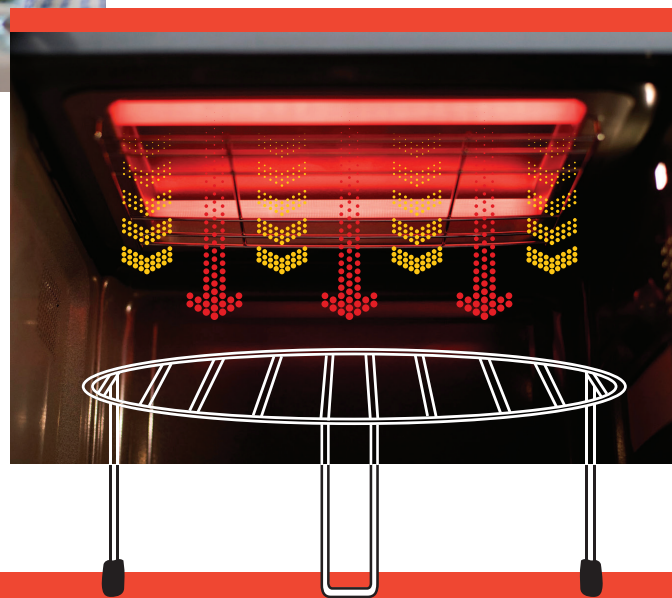
Inverter microwave = **no cold spots + evenly cooked food**

We have some tips + recipes to get you started »



WHAT IS *FlashXpress™*

Dual infrared (near and far)
heating elements deliver
instant heat.



This uniquely designed **wire rack** will raise your food to just the right height to achieve the perfectly browned and crunchy results you're mouth is craving!

Toasty frittatas, yummy flatbreads, crispy chicken?
Yes please!

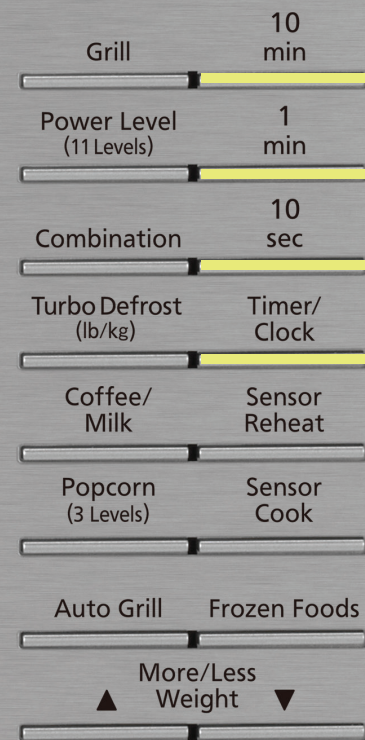
Elevated results deserve the best seat in the house!

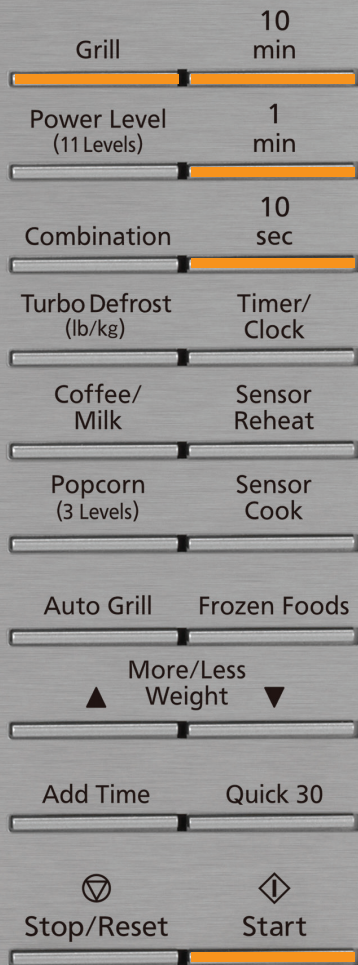
The oven won't operate
if the colon is flashing

- » When the oven is plugged in—but not cooking—press the **Timer/Clock** 2x, and the colon (:) will flash
- » Enter the time of day using **10 min / 1 min / 10 sec** buttons
Press **10 min** until correct hour appears
Press **1 min** for 10- 20- 30- 40- 50- minutes
Press **10 sec** until correct minute appears
- » Press **Timer/Clock** again and the colon (:) will stop flash

First things first...setting the **CLOCK**

Please read the instruction manual for all settings, sensor cook functions and additional safety notices.





EXPERT TIP

Flip your food halfway through broiling for crispiness on both sides



Best setting for anything you want to keep crispy or browned. Reheating fried chicken, hot sandwiches, last night's pizza?

The grill button is your new best friend.

- » Press **Grill** for your choice of power level
ONCE for High, TWICE for Medium and 3 TIMES for Low.
- » Press **10 min / 1 min / 10 sec** to set your desired cooking time
- » Press **Start**

BROILING / GRILLING

EXPERT TIP

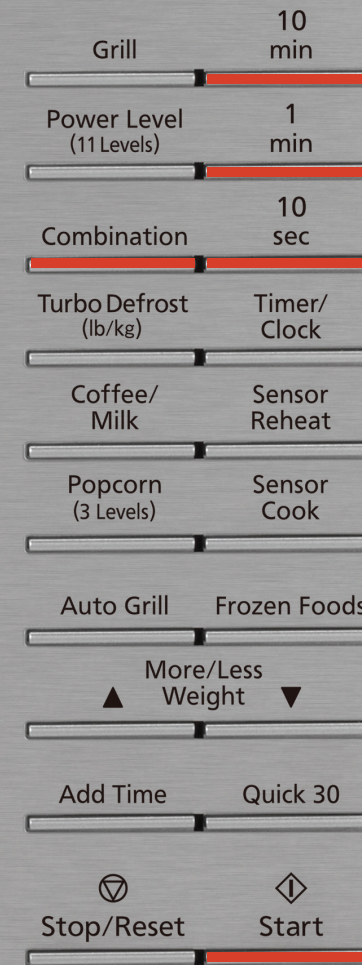
Place the broiling rack on the turntable. Place food directly on rack, or in a shallow oven-safe dish. If placing directly on rack, place a dish on turntable, under rack for easy clean up!

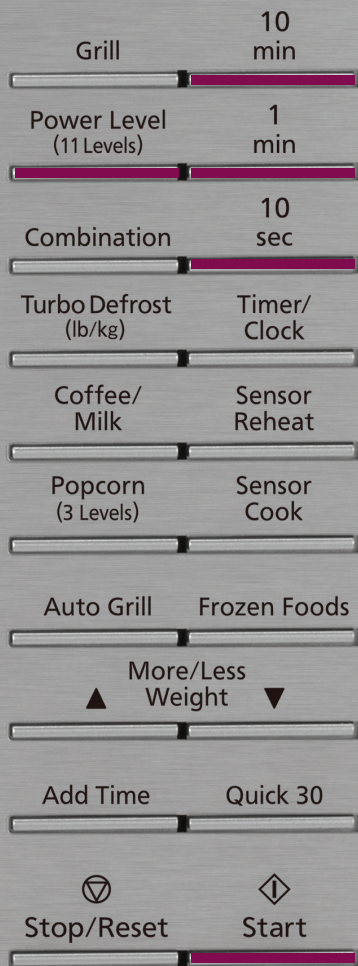


Unique to this product, use both **microwave + broiling** at the same time! Great for foods to heat all the way through, and need that crispy top you love. Baked pastas, quick nachos, cheesy au gratin potatoes...anything your taste buds desire

- » Press **Combination** for your choice of power level
ONCE for High, TWICE for Medium and 3 TIMES for Low.
- » Press **10 min / 1 min / 10 sec** to set your desired cooking time
- » Press **Start**

COMBINATION — best of both worlds!





FULL POWER? JUST SET YOUR COOKING TIME!

- » Press the **10 min** / **1 min** / **10 sec** buttons to reach desired cooking time
- » Press **Start**

WANT A **LOWER POWER?**

- » Press **Power Level** until you see your setting
10 is the highest, 0 is keep warm.
- » Set cooking time (see above)

Microwave **COOKING**

» **Chicken Nuggets**

Directly on rack or microwave- and oven-safe plate.

Combination setting for 7 mins. Turn over halfway thru cooking

» **Hot Dogs**

Directly on rack or microwave- and oven-safe plate. **Grill** 4 – 6 mins. You may want to roll halfway through for even browning

» **Hot Sandwiches**

Place on microwave- and oven-safe plate. **Grill** 4 – 7 mins depending on desired crispiness and browning

» **Fresh Shrimp**

Directly on rack, **Grill** 4 mins, turn shrimp over. **Grill** up to 4 more minutes until pink through

» **Frozen Tater Tots**

Place on microwave- and oven-safe dish. **Combination** setting 1 for 7 mins

» **Reheating Cold Pizza**

Place directly on rack. **Combination** setting 1 for 2 min 20 sec



General Cooking Guide / Tips

Grill	10 min
Power Level (11 Levels)	1 min
Combination	10 sec
Turbo Defrost (lb/kg)	Timer/Clock
Coffee/Milk	Sensor Reheat
Popcorn (3 Levels)	Sensor Cook
Auto Grill	Frozen Foods
More/Less Weight	
Add Time	Quick 30
Stop/Reset	Start



- » Press **Popcorn** until your popcorn bag size shows on the screen
Don't see your size? Just follow the direction on the bag
- » Press **Start**
Need a little more popping? Push ▲ for an extra 10 seconds

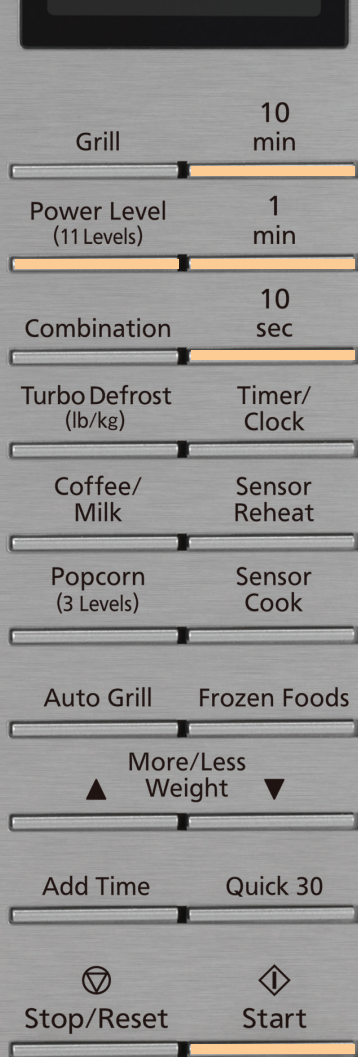
Movie Night? **POPCORN!**



- » Press **Sensor Reheat**
- » Press **Start**
The microwave senses when your food is reheated thoroughly and will stop when it's done

Leftovers to **REHEAT?**

Grill	10 min
Power Level (11 Levels)	1 min
Combination	10 sec
Turbo Defrost (lb/kg)	Timer/Clock
Coffee/Milk	Sensor Reheat
Popcorn (3 Levels)	Sensor Cook
Auto Grill	Frozen Foods
More/Less Weight	
Add Time	Quick 30
Stop/Reset	Start



Need to keep one of your side dishes hot while you finish your main?
Making batches of pancakes or waffles to feed the family. Use the
Keep Warm function to keep your food ready for up to 30 mins.

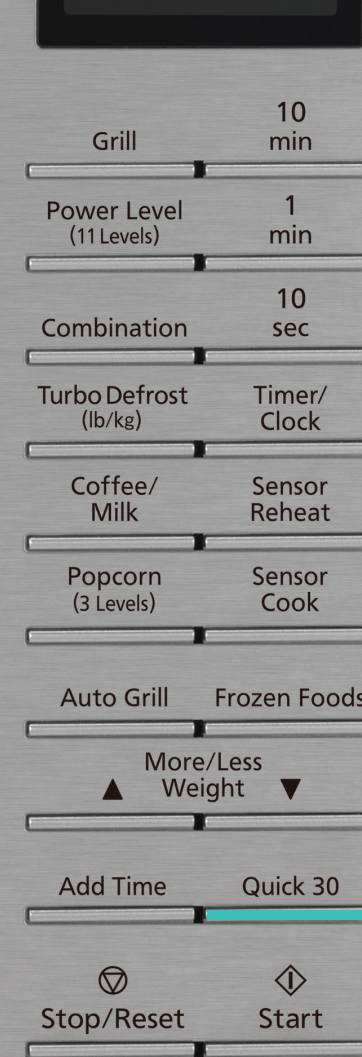
- » Press **Power Level** until you see **P0** (11x)
- » Press **10 min** / **1 min** / **10 sec** to set your desired warming time
- » Press **Start**

Keeping it **WARM**



- » Press **Quick 30**
That's it!
Press again for an extra 30 secs

Just **30 SECONDS** please.



LOADED FRIES

- 12 ounces frozen fries
- 1/2 teaspoon garlic powder
- 1/4 tsp paprika
- 3/4 cup cheddar cheese, divided

- 2 Tablespoon sour cream
- 1/4 cup bacon bits, fully cooked
- 1 spring onion, chopped

INSTRUCTIONS

1. Combine spices with sour cream and mix with french fries.
2. Toss with scallions, bacon and 1/2 cup of cheddar.
3. Scoop mixture into a 9" microwave-safe dish and top with the remaining 1/4 cup cheese.
4. Use **COMBINATION 3** for 15 minutes.



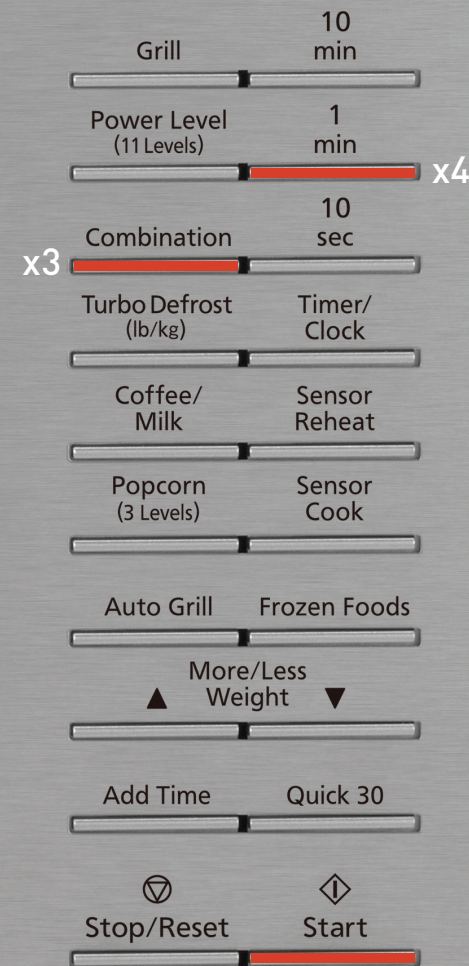
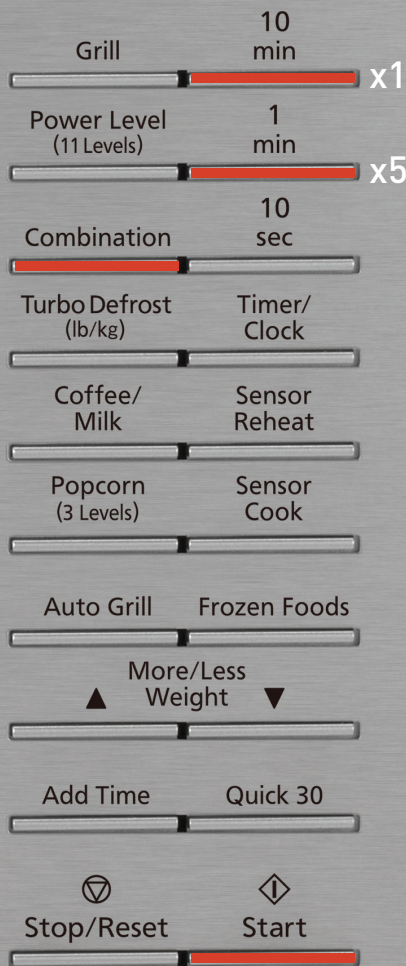
NACHOS

- 4 cups tortilla chips (approx.)
- 1/2 fresh jalapeno, seeded, chopped
- 2 Tablespoons pickled jalapeno, drained and roughly chopped
- 1/2 cup refried beans

- 3/4 cup Mexican cheese mix, divided
- 1/4 cup cilantro, leaved only
- 1/2 cup pineapple, chopped
- 1/2 cup sour cream

INSTRUCTIONS

1. Toss chips with refried beans, 1/4 cup cheese, cilantro leaves, pineapple, sour cream and fresh and pickled jalapenos.
2. Top with remaining 1/2 cheese and scoop into 9" microwave-safe dish.
3. Use **COMBINATION 3** for 4-5 minutes.



CRISPY FLATBREAD

- 1 naan bread, pre-baked
- 2 teaspoons apricot jam
- 4-5 slices brie cheese
- 1 Tablespoon store-bought kimchi, roughly chopped
- handful of arugula

INSTRUCTIONS

1. Mix jam and kimchi; spread on naan.
2. Top with brie and put on a 9" microwave- and oven-safe plate.
3. Use **COMBINATION 2** for 4:30 minutes.
4. Top with arugula, slice and serve.

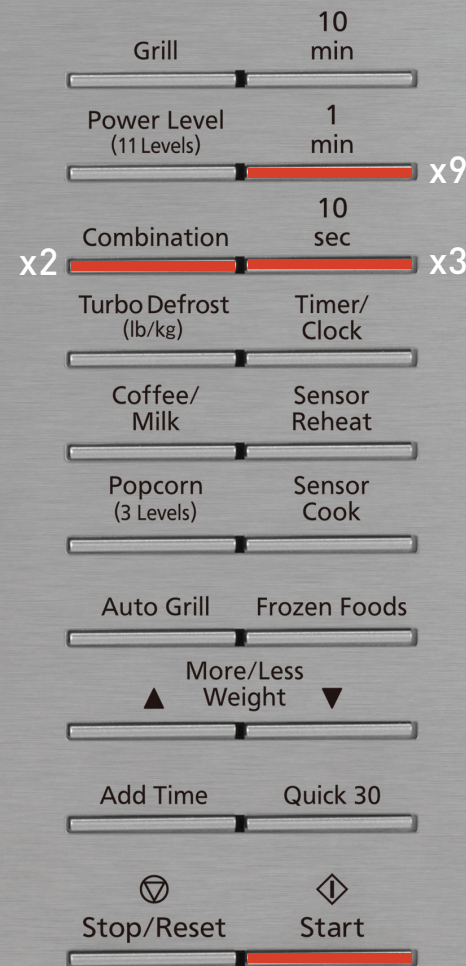
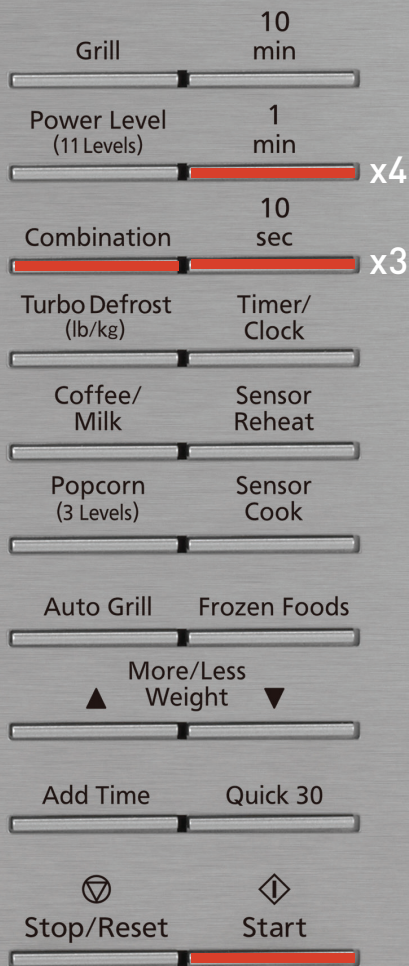


FRITTATA

- 6 eggs
- 2 Tablespoon heavy cream
- 1/4 cup bacon bits, fully cooked
- 1/2 teaspoon kosher salt
- 1/2 cheddar cheese, shredded
- 1 bell pepper, roughly chopped

INSTRUCTIONS

1. Lightly spray a 9" microwave- and oven-safe dish with oil.
2. Break eggs into a medium bowl and whisk to blend.
3. Add all other ingredients and pour into prepared dish.
4. Use **COMBINATION 2** for 9:30 minutes.



WEEKNIGHT PASTA BAKE

2-½ cups cooked pasta

¾ cup ricotta cheese

2 Tablespoons shredded
Parmesan

1 teaspoon dried oregano

1 teaspoon dried basil

1 cup shredded mozzarella
cheese

5 M granny smith apples, peeled
and roughly chopped

⅓c+2 Tablespoons sugar, divided

1 Tablespoon lemon juice

¼ teaspoon cinnamon

⅓ cup flour, preferable whole
wheat

½ stick butter, melted

½ cup old fashioned oats

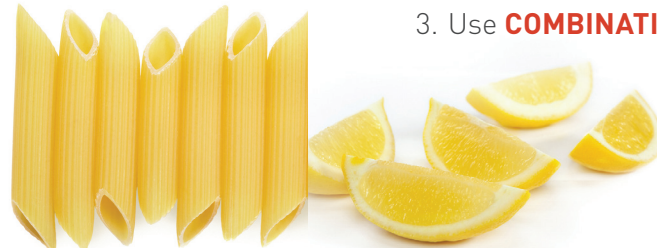
¼ teaspoon salt

INSTRUCTIONS

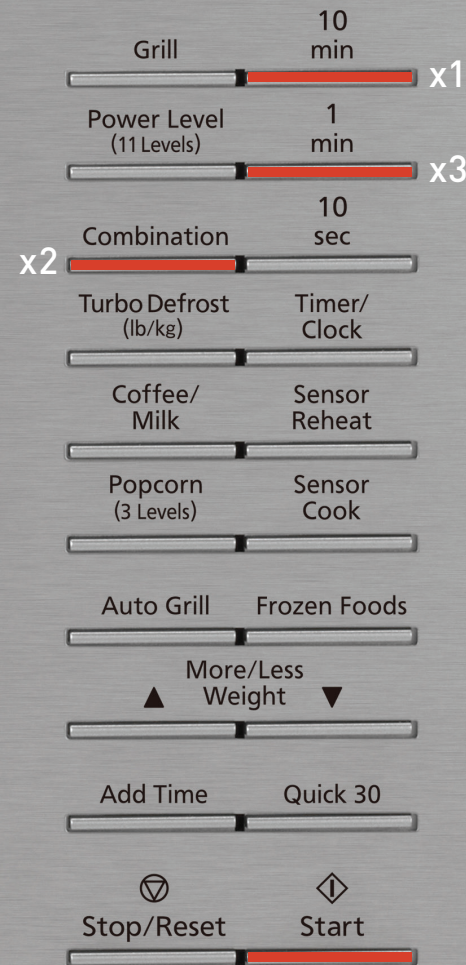
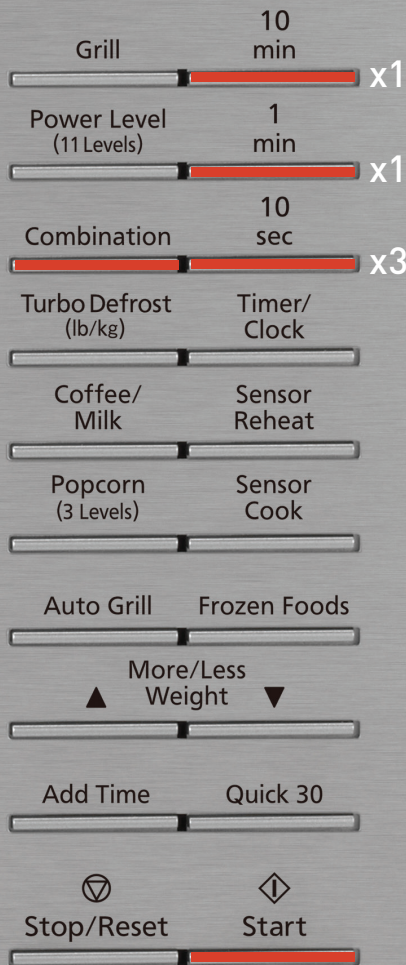
1. Mix all ingredients in a bowl and pour into a 9" microwave- and oven-safe dish, scraping the bottom for the parmesan bits.
2. Use **COMBINATION 2** for 11:30 minutes.

INSTRUCTIONS

1. Mix apples with 2 tablespoons sugar, lemon juice and cinnamon. Pour into 9" dish.
2. In a different bowl, mix flour, butter, salt, remaining sugar and oats. Pour onto apples.
3. Use **COMBINATION 2** for 13 minutes.



APPLE CRUMBLE





EXPERIENCE
FRESH

For more recipes and information, visit
www.panasonic.com/inverter

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