



Galanz

ExpressWave™

Recipe Book

Model: GSWWD11S1S10



CONTENTS

Summer Corn Salad	2
Microwaved Cod with Zucchini Noodles and Feta	4
Microwaved Ratatouille	6
Bolognese with Pappardelle Pasta	8
Banana and Peanut Butter Oatmeal Bowl	10
Veggie Burrito Bowl	12



Summer Corn Salad



SERVINGS	8
PREP TIME	10 minutes
COOKING TIME	8 minutes

GALANZ APPLIANCE

ExpressWave

A black and silver Galanz microwave oven. The front panel is black with a silver handle and a digital display on the right side showing the time 4:55. The Galanz logo is visible on the bottom left of the front panel.

Summer Corn Salad

INGREDIENTS:

- 4 ears yellow corn, hulled
- 1 cup cherry tomatoes
- 1/2 English cucumber, diced
- 1/2 small red onion, chopped
- 1 red bell pepper, chopped
- 1 avocado, pitted, chopped
- 1/4 cup cilantro, roughly chopped
- 1 lime, juiced
- 3 tablespoons olive oil
- Kosher salt and freshly ground black pepper, to taste

PREPARATION:

1. Place corn on plate and place onto glass turntable in microwave oven. Press “Sensor Cook” and turn dial to “SC-1” then press dial to confirm to cook corn. Once complete, set corn aside to cool.
2. Meanwhile, combine cucumber, red onion, bell pepper, avocado and cilantro in large bowl. Add lime juice and olive oil and toss to combine.
3. Once corn is cool enough to handle, carefully cut kernels from cob. Add kernels to salad and toss to combine. Season with salt and pepper, to taste. Serve warm, or cover and refrigerate until ready to serve.

Microwaved Cod with Zucchini Noodles and Feta



SERVINGS

2

PREP TIME

8 minutes

COOKING TIME

12 minutes

GALANZ APPLIANCE

ExpressWave





Microwaved Cod with Zucchini Noodles and Feta

INGREDIENTS:

- 2 (6 ounces each) cod or haddock fillets
- Kosher salt and freshly ground black pepper, to taste
- 1 (16-ounce) bag zucchini noodles
- 1 cup halved cherry tomatoes
- 1/4 cup pitted kalamata olives, halved lengthwise
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes
- 1/2 cup low-sodium vegetable broth
- 1/4 cup crumbled feta

PREPARATION:

1. Place cod fillets on large microwave-safe plate. Season with salt and pepper to taste. Place plate onto glass turntable in microwave oven. Press “Sensor Cook” and turn dial to “SC-2” then press dial to confirm to cook cod.
2. Carefully remove plate, and tent cod with foil. Set aside.
3. Place zucchini noodles in medium microwave-safe bowl. Stir in tomatoes, olives, garlic, red pepper flakes and broth. Place bowl onto glass turntable in microwave oven. Turn dial to 2 minutes, then press dial to confirm to cook. Cook until zucchini noodles are tender.
4. Serve zucchini noodle mixture with cod, garnished with feta.

Microwaved Ratatouille



SERVINGS

8

PREP TIME

10 minutes

COOKING TIME

10 minutes

GALANZ APPLIANCE

ExpressWave





Microwaved Ratatouille

INGREDIENTS:

- 1 1/2 cups jarred marinara sauce
- 2 small eggplant, trimmed and cut into 1/8-inch rounds
- 4 small plum tomatoes, cut into 1/8-inch rounds
- 1 small yellow squash, cut into 1/8-inch rounds
- 1 small zucchini, cut into 1/8-inch rounds
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons finely sliced fresh basil

PREPARATION:

1. Spread marinara evenly over bottom of 12-inch tart dish. Overlap vegetable rounds in alternating patterns on top of sauce, from outer edge to middle of tart dish.
2. Place tart dish onto glass turntable in microwave oven. Press “Sensor Cook” and turn dial to “SC-3” then press dial to confirm to cook vegetables.
3. Garnished with basil and serve.

Bolognese with Pappardelle Pasta



SERVINGS

6

PREP TIME

10 minutes

COOKING TIME

20 minutes

GALANZ APPLIANCE

ExpressWave





Bolognese with Pappardelle Pasta

INGREDIENTS:

- 16 ounces lean ground beef
- 1 small yellow onion, minced
- 1 small carrot, minced
- 1 small celery rib, minced
- 3 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon oregano
- 1 (28-ounce) can tomato sauce
- Kosher salt and freshly ground black pepper, to taste
- 1 pound pappardelle pasta, cooked
- 1/4 cup chopped fresh basil
- Grated Parmesan cheese, for serving

PREPARATION:

1. Combine ground beef, onion, carrot, celery, garlic, red pepper flakes and oregano in large microwave-safe glass bowl. Place bowl onto glass turntable in microwave oven. Press “Sensor Cook” and turn dial to “SC-4” then press dial to confirm to cook ground pork.
2. Carefully remove bowl from microwave oven and break up cooked ground pork using 2 forks. Drain any excess fat. Stir in tomato sauce and season with salt and pepper, to taste.
3. Place bowl back onto glass turntable in microwave oven. Turn dial to 10 minutes, then press dial to confirm. Cook until sauce is thoroughly heated through.
4. Serve sauce over pasta and garnish with basil and Parmesan.

Banana and Peanut Butter Oatmeal Bowl



SERVINGS

1

PREP TIME

5 minutes

COOKING TIME

4 minutes

GALANZ APPLIANCE

ExpressWave





Banana and Peanut Butter Oatmeal Bowl

INGREDIENTS:

- 1 cup whole milk
- 1 cup rolled oats
- 3 tablespoons creamy peanut butter
- 1/2 banana, sliced
- 1/4 cup fresh blueberries
- 1 tablespoon coconut flakes
- 2 teaspoons cocoa nibs

PREPARATION:

1. Combine milk, oats and peanut butter in small microwave-safe bowl. Place bowl onto glass turntable in microwave oven. Press “Sensor Cook” and turn dial to “SC-5” then press dial to confirm to cook oatmeal.
2. Carefully remove bowl from microwave oven. Top oatmeal with banana, blueberries, coconut and cocoa nibs. Serve hot and enjoy.

Veggie Burrito Bowl



SERVINGS	3
PREP TIME	15 minutes
COOKING TIME	25 minutes

GALANZ APPLIANCE

ExpressWave



Veggie Burrito Bowl

INGREDIENTS:

For green sauce:

- 2 small jalapenos, seeded, roughly chopped
- 1/2 cup fresh cilantro leaves
- 1 clove garlic, peeled
- 1/4 cup mayonnaise
- 2 tablespoons sour cream
- 1/2 lime, juiced
- 1 tablespoon vegetable oil
- Kosher salt and freshly ground black pepper, to taste

For bowl:

- 1 cup brown rice
- 1 1/4 cups water
- 1/2 cup fresh corn kernels
- 1 cup black beans, drained, rinsed
- 1 teaspoon olive oil
- 1/4 teaspoon paprika
- Kosher salt, to taste
- 1 small red bell pepper, sliced thin
- 1/2 cup shredded lettuce
- 1 avocado, pitted, sliced thin
- 1/2 cup halved cherry tomatoes

PREPARATION:

1. For green sauce: Place all ingredients in food processor or blender and puree, scraping down the sides as needed until smooth, about 30 seconds. Set aside for later use.
2. For bowl: Rinse and drain rice in fine mesh sieve under cold running water. Combine rice and water in large microwave-safe bowl. Place bowl onto glass turntable in microwave oven. Press “Sensor Cook” and turn dial to “SC-6” then press dial to confirm to cook rice. Once complete, carefully remove bowl from microwave oven. Set aside to cool slightly.
3. Meanwhile, combine corn, beans, oil and paprika in small bowl. Season with salt, to taste. Place bowl onto glass turntable in microwave oven. Turn dial to 1 minute, then press dial to confirm to cook. Cook corn and beans until tender.
4. Fluff rice with fork and divide among 3 bowls. Top with corn and black bean mixture, bell peppers, lettuce, avocado and cherry tomatoes. Drizzle green sauce over rice and serve.



Galanz

Thoughtful Engineering

ExpressWave™

Recipes developed and fine-tuned for ExpressWave Model: GSWWD11S1S10

Discover more recipes at

www.galanz.com