



Your recipe for  
**time saving:**



Just add **thermomix**

# Welcome to easy weeknights



## Unlock the time-saving potential of Thermomix®

Time poor? Feel like cooking's a chore, but craving more variety in the week? Thermomix® is changing the weeknight cooking game for thousands of Aussies. It's cutting meal prep down to just a few minutes and freeing up the evenings with hands-free cooking. Learn how it can make more precious time for the things that matter most to you.

Grab an easy meal plan that puts nutritious and delicious food on the menu every night of the week. Each dish is ready in under 30 minutes, with less than 15 minutes of hands-on food prep time. And even the shopping list and most of the washing up are taken care of.

Take five with inspirational legend and time-saving expert Turia Pitt for some practical advice and creative ideas to help you streamline your meal prep and cooking.

Turia's six tips are super easy to implement and can make a big difference in your life.

Hear from everyday Aussies who've already reclaimed their weeknights by putting a Thermomix® on their kitchen bench. And see the time-saving proof is in the pudding (or in this case, creamy béchamel sauce) with a side-by-side comparison of Thermomix® cooking versus manual cooking.

Carve out more time for yourself and the people you care about. Discover the convenience and everyday life-changing magic of Thermomix®.



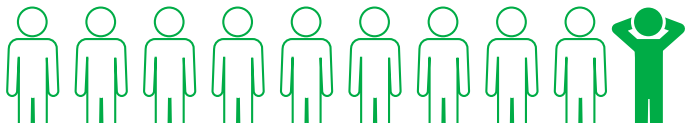
# Want to spend less time in the kitchen?

## You're not alone.

### Almost 9 out of 10

are time poor

88% of young families wish they had more time.



### 2 in 3

 want more variety

69% said they feel like they cook the same meals over and over again.



### 1 in 2

don't love it

Nearly 50% feel that cooking dinner is their least favourite part of their day.

### 10 hours

out of your week

The average Aussie and Kiwi household spends 10 hours preparing and cooking dinner every week.

### 1 in 3

turn to takeaway

Around 1 in 3 often get takeaway to avoid the hassle of cooking dinner.

### 6 out of 10

want to cut time in the kitchen

62% of people wish they could spend less time preparing dinner (including planning, shopping, cooking and cleaning up after) every week.



### 3 in 4

say it's a chore

Around 75% see dinner preparation as a chore.



### Almost 7 out of 10

wish they could have it all

69% of people wish they could spend less time cooking but still be able to have healthy/delicious meals.

# How does Thermomix® change the time-saving game?

“

I have a little boy so being able to use the Thermomix® has saved so much time. It has helped by giving me less to wash up, using less utensils in the kitchen and doing all the cooking for me.

**Chloe N.**

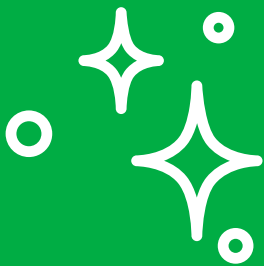
Thermomix® Customer



**80%**

say it's a big time-saver

Over 80% of Thermomix® customers feel their Thermomix® has helped a great deal by saving them time.



## #1 favourite mode

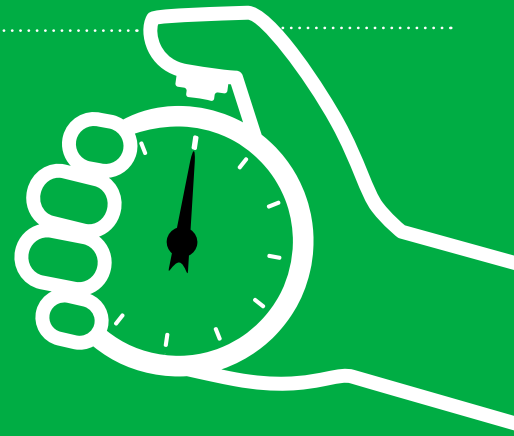
does the washing up

The most used mode in Australia and New Zealand is 'Pre-Clean'. Imagine not having to wash up!

75% of recipes prepped in

## less than 15 minutes

Most recipes on Cookidoo®, the Thermomix® recipe platform, require just 15 minutes or less of 'Active time' to prepare.



“

I can prep and cook at the same time. For the first time ever, I can sit down on the couch in front of the TV whilst dinner is cooking.

**Alex D.**

Thermomix® Customer

# Turia Pitt's time-savers for winning weeknight meal prep



Turia Pitt has inspired millions to never give up living the lives they want for themselves. After surviving a grassfire in a remote desert that left her with full thickness burns to 65 per cent of her body, Turia's gone on to become one of Australia's most admired humanitarians, bestselling authors and a two-time Ironman. So, we thought we'd ask how she survives the biggest stress – running the weeknight meal prep gauntlet as a busy mum with two little kids.



### Get kids involved strategically

Let's be honest. It's not always a walk in the park getting kids involved in meal prep. I used to find myself thinking, "Is this more trouble than it's worth?" I'd excitedly invite them to help me, then five minutes later, I'd be doubting my decision.

However, I've found one failsafe hack to get my sons helping in the kitchen, and it's all about timing. Getting the kids involved in the mornings really works wonders for me. This way, I avoid the chaos of trying to engage them after a long day of school when they're tired and frazzled. Plus, when they're part of the cooking process, they tend to eat more – definitely a win-win situation!

### Plan ahead

Carving out a little slice of your week for meal planning will cut out all the stress of last-minute cooking craziness on weeknights when you're already feeling fried. Future-you will thank you for it, when you open the fridge and find you already have all the ingredients on hand. Planning ahead can also help you put more variety and healthy foods on the menu, so you never feel like you're eating the same thing over and over again or get tempted by the fast food takeaway menu. Give it a crack.

### Find an appliance you love

Thermomix® is a total game-changer for busy families. You can make so much from scratch with zero hassle. Yes, it's a big investment, but it's been a lifesaver for me. I've been using mine almost every day for the last 10 years and it's made cooking and meal prep so much easier, especially chopping veggies, which I find especially hard and time-consuming. If you want to get happier (and more efficient) in daily life, a Thermomix® in your kitchen is definitely worth considering.

### Keep it simple

We all want our kids to eat well, so it's easy to overthink meal prep. But honestly, you don't need to go overboard. Just remind yourself that keeping it simple is perfectly fine. Focus on easy, healthy meals that work for you and your family and forget about keeping up with others. Do your thing.

### Prep in batches

Do your weekday self a favour and prepare meals or meal components in batches on the weekends. Cook large portions of grains, proteins, or vegetables and store them in the fridge or freezer. This way, you can quickly assemble meals when you're pressed for time.

### Stay flexible

Be adaptable and don't stress about perfection. Have options at the ready like healthy snacks that can be quickly prepared. Keeping mealtimes meltdown-free and enjoyable is key to fostering a positive attitude towards food for your kids.



# More seasons to save!



If there isn't already so much to love about Thermomix®, check out our seasonal savings guides, packed with recipes to save time and money!

**Click here** to download our latest Savings Guide.



Invest  
**one time**  
**Save** for a  
**lifetime**

\*Our price comparisons are based on the full advertised prices at a major supermarket or comparable "takeaway" products from many food outlets or national franchises. Prices listed exclude common pantry items. Prices are only for indicative comparison, and do not represent actual savings. Prices do not account for sales or promotions and may vary according to location, date, and other factors.

# Time meal plan

Reclaim your evenings with our time saving meal plan. All of the delicious dinners are ready in less than 30 minutes, with only 15 minutes of hands on time. Enjoy flavour packed, nutritious meals and gain more time for the things you love.

## Weekend prep ahead

Make your [Natural yoghurt](#) and set it to ferment Saturday night while you sleep. Place into the fridge to set Sunday morning.





Make [Thermomumma white sandwich bread loaf](#).

Make [Quick veggie pasta salad](#) and store in airtight containers.

Use [Egg boiler mode](#) to cook up to 6 eggs. Save 4 for Tuesday's lunch. Keep 2 aside for snacks.



|      | Breakfast   | Lunch  | Dinner  |
|------|---|--|---|
| Mon  | <br><a href="#">Cada (Fresh Muesli)</a><br>with <a href="#">natural yoghurt</a> | <a href="#">Quick veggie pasta salad</a>   | <a href="#">Chiang Mai noodles</a>  |
| Tues | <a href="#">Quick porridge</a>  | <a href="#">Avocado and egg spread on toast</a><br><i>If you've already pre-boiled your eggs, you can commence this recipe from Step 3. Store half in a Vac-U-Seal container for Thursday's lunch.</i> | <br><a href="#">Beef tacos</a>   |
| Wed  | <a href="#">Cada (Fresh Muesli)</a><br>with <a href="#">natural yoghurt</a>   | <br><a href="#">Quick veggie pasta salad (leftovers)</a>   | <a href="#">Chicken teriyaki</a><br><i>Use rice cooker mode to cook 8 portions of rice while you prep your ingredients. Set aside in a Thermomix® Serving Bowl to keep warm. Save half for Friday night's dinner.</i> |
| Thur | <br><a href="#">Quick porridge</a>   | <a href="#">Avocado and egg spread on toast (leftovers)</a>  | <br><a href="#">15 minute noodles</a>  |

|                   | Breakfast  | Lunch  | Dinner  |
|-------------------|--|--|---|
| Fri               | <br><u>Breakfast on-the-go</u>        | <u>Pumpkin soup</u><br>Choose a soft-skinned pumpkin like Butternut and skip peeling to save more time. Your Thermomix® will blend it up silky smooth. | <u>Chicken korma with cashews</u>   |
| Sat               | <u>Cafe style miso mushrooms on toast</u>  | <br><u>Quick prawn laksa</u>   | <u>Macaroni cabonara</u><br>Click <a href="#">here</a> to watch a video of this recipe on our YouTube channel.                            |
| Sun               | <br><u>Carrot cake smoothie bowl</u> | Tomato pasta with vegetables and feta (leftovers)  | <br><u>Slow cook sunday Meatballs in tomato sauce</u> |
| Snacks (Optional) | <u>Banana and oatmeal energy bars</u>  |  |   |

## How we wrote our meal plan

This meal plan has been designed for 4 people and includes lots of variety to show the types of meals you can create with Thermomix®. Where possible we've included recipes that give the option to adjust portion sizes up or down. You can also tweak this meal plan to suit your lifestyle. E.g. if you're cooking for 2, in most cases, you can skip making an additional recipe for lunch and eat leftovers. This might also work if you have smaller children who take a lunchbox to school.

## Create your meal plan and shopping list in a few clicks on Cookidoo®

All of these recipes are available on our recipe platform Cookidoo®. Here you can add these to your weekly meal plan and generate a shopping list. Cookidoo® also has a seamless integration with Woolworths online shopping.



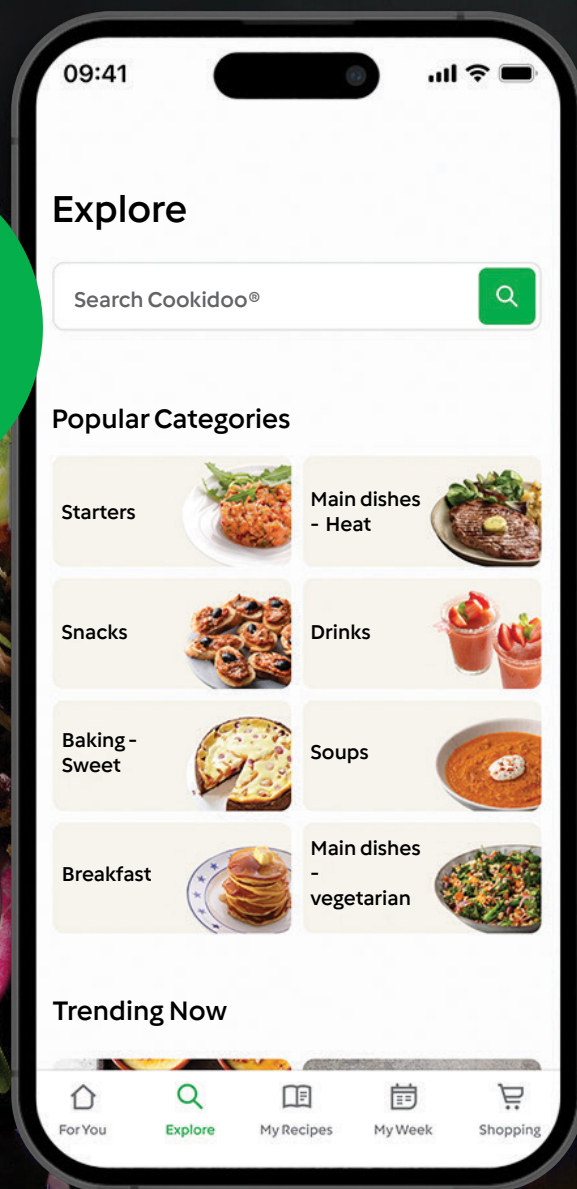
"I can meal prep and have one bowl to clean, I can prep salads in a quarter of the time and I can cook something while having time with family and friends and I know it's all good.

**Julia B.**  
Thermomix® Customer

# Cookidoo

## Inspiring like never before.

Over  
100,000  
recipes



Guided cooking with our online recipe platform Cookidoo® is the heart and soul of every Thermomix®. Now more intuitive than ever, you can explore thousands of recipes right at your fingertips, whether on your Thermomix® or mobile app.

**Get 30 days free!**

[Click here to start your Cookidoo® trial.](#)

**thermomix**

VORWERK



# Béchamel

## Ingredients

40 g unsalted butter, cut into pieces  
500 g milk  
40 g plain flour  
1/4-0.5 tsp salt, to taste  
1-2 pinches ground black pepper  
1-2 pinches nutmeg

## With Thermomix®



Active time  
5 min



Total time  
15 min



Difficulty  
Easy



Quantity  
600 g

No lumps, no stirring, no fail. Walk away while it's cooking!

### Useful Items

Thermomix®

### Preparation

1. Place butter, milk, flour, salt, pepper and nutmeg into mixing bowl and start. **Thicken** 🌀/100°C. Serve as desired.

## Without Thermomix®



Active time  
25 min



Total time  
25 min



Difficulty  
Medium



Quantity  
600 g

[Click here to see the with and without Thermomix® comparison video](#)

### Useful Items

2 Sauce pans  
Wooden spoon  
Scales  
Jug

### Preparation

1. Bring the milk to a boil in a saucepan, turn off the heat and set aside.
2. In another pan, melt the butter.
3. Add flour to the butter and **continuously stir** to form a paste.
4. Slowly stir the hot milk into the sauce a little at a time until you achieve a smooth sauce. Cook for 5-10 minutes stirring continuously, until the sauce has thickened. Season to taste.



**Ready to get started? Contact me today!**



Click [here](#) to join our community for all the latest inspiration and offers from Thermomix®.