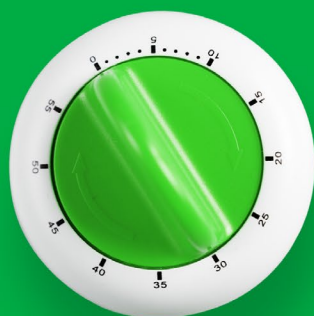




Your recipe for
time saving:



Just add **thermomix**

Welcome to easy weeknights



Welcome to the Thermomix® family!

I'm Bianca, CEO of Thermomix®, and I'm thrilled to share this special eBook with you. Our mission here at Thermomix® hasn't changed since my mum Grace started the family business in 2001. We're here to change people's lives for the better. And a big part of that is helping you save time so you can spend more moments doing what you love with the people you care about.

In today's fast-paced world, finding time to cook nutritious and delicious meals can seem impossible. And as a busy mum of three, I know weeknights can be the most challenging of all. That's where Thermomix® changes the game, making meal prep faster and more efficient without compromising on quality or taste.

This eBook is your guide to unlocking all the time-saving potential of Thermomix® that you'll find highlighted in some fascinating stats on pages 3 and 4.

We've also asked inspirational legend and time-saving expert Turia Pitt to share her practical advice and creative ideas to help you streamline your meal prep and cooking. Turia's six tips are easy to implement and can make a significant difference in your life.

Turn to page 8 for a meal plan that'll make your weeknights a breeze – designed to help you prepare delicious, balanced meals quickly and effortlessly.

And you'll see the proof is in the pudding on page 11 where we give you a side-by-side comparison of Thermomix® cooking versus manual cooking. See the real difference it makes in saving precious time to focus on the things that matter most.

You'll also find plenty of testimonials from Aussies who've experienced all the time-saving potential of Thermomix® firsthand. Their stories demonstrate the real-life everyday benefits of having a Thermomix® on your kitchen bench.

We can't wait for you to experience the life-changing magic of Thermomix® for yourself. We hope this eBook helps you discover new ways to save precious time and embrace the convenience that Thermomix® offers. Happy cooking!

Warm regards,

Bianca

Bianca Mazur

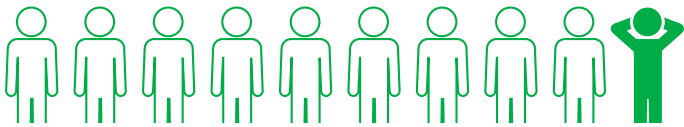


Want to spend less time in the kitchen? You're not alone.

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.

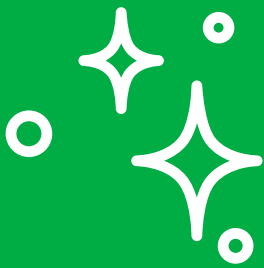
Chloe N.
Thermomix® Customer



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

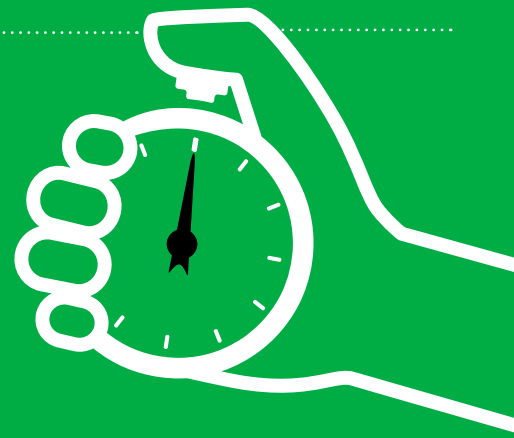
does the washing up

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.



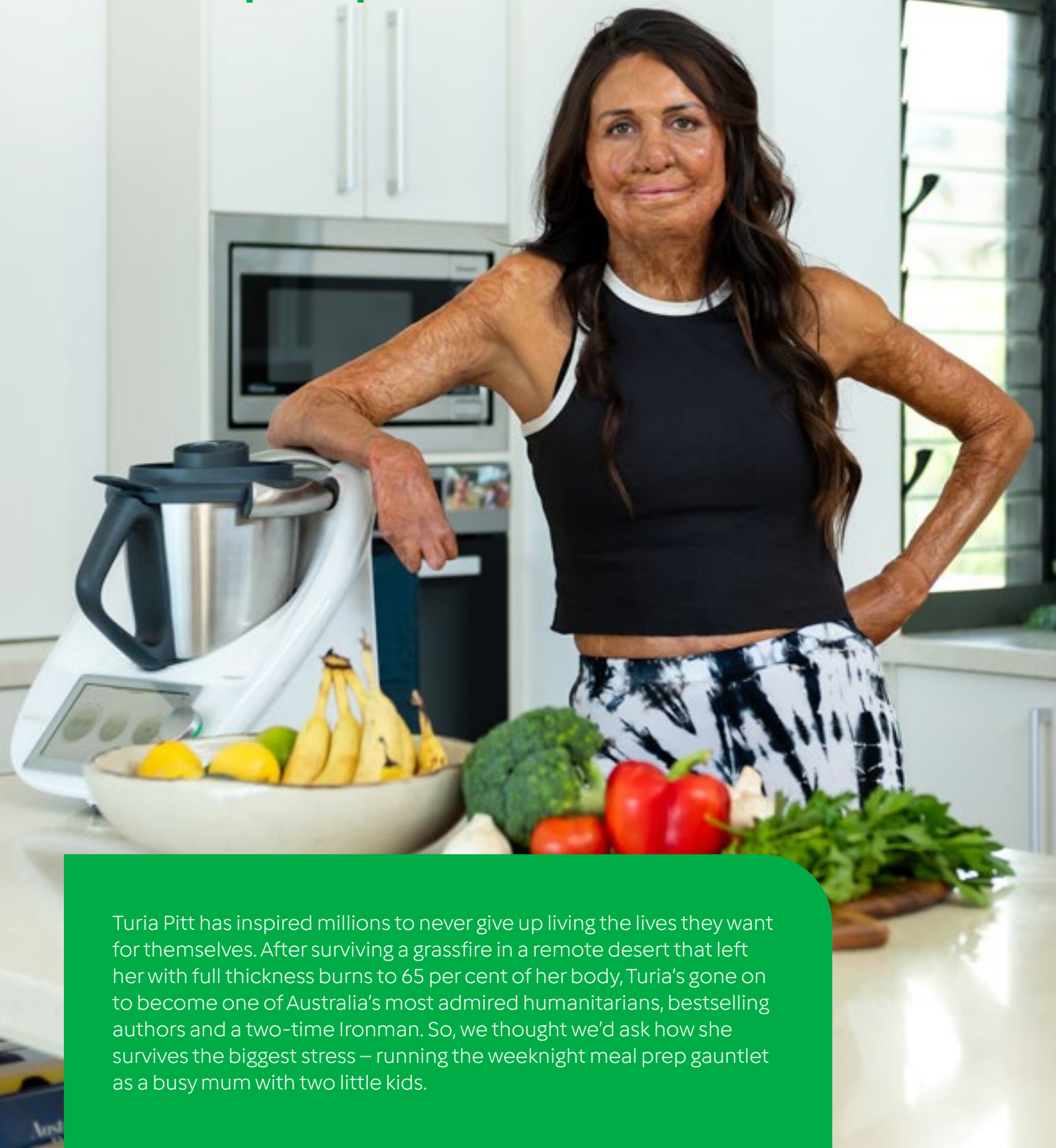
“

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	 <p>Cada (Fresh Muesli) with natural yoghurt</p>	<p>Quick veggie pasta salad</p>	<p>Chiang Mai noodles</p>
Tues	<p>Quick porridge</p>	<p>Avocado and egg spread on toast</p> <p><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></p>	 <p>Beef tacos</p>
Wed	<p>Cada (Fresh Muesli) with natural yoghurt</p>	 <p>Quick veggie pasta salad (leftovers)</p>	<p>Chicken teriyaki</p> <p><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></p>
Thur	 <p>Quick porridge</p>	<p>Avocado and egg spread on toast (leftovers)</p>	 <p>15 minute noodles</p>

	Breakfast	Lunch	Dinner
Fri	 <p><u>Breakfast-on-the-go</u></p>	<p><u>Pumpkin soup</u></p> <p>Choose a soft-skinned pumpkin like Butternut and skip peeling to save more time. Your Thermomix® will blend it up silky smooth.</p>	<p><u>Chicken korma with cashews</u></p> <p>Click here to watch a video of this recipe on our YouTube channel.</p>
Sat	<p><u>Cafe style miso mushrooms on toast</u></p>	 <p><u>Quick prawn laksa</u></p>	<p><u>Tomato pasta with vegetables and feta</u></p>
Sun	 <p><u>Carrot cake smoothie bowl</u></p>	<p>Tomato pasta with vegetables and feta (leftovers)</p>	<p><u>Slow cook sunday Meatballs in tomato sauce</u></p> <p>Serve meatballs with cooked pasta, rice, or steamed potatoes.</p>
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



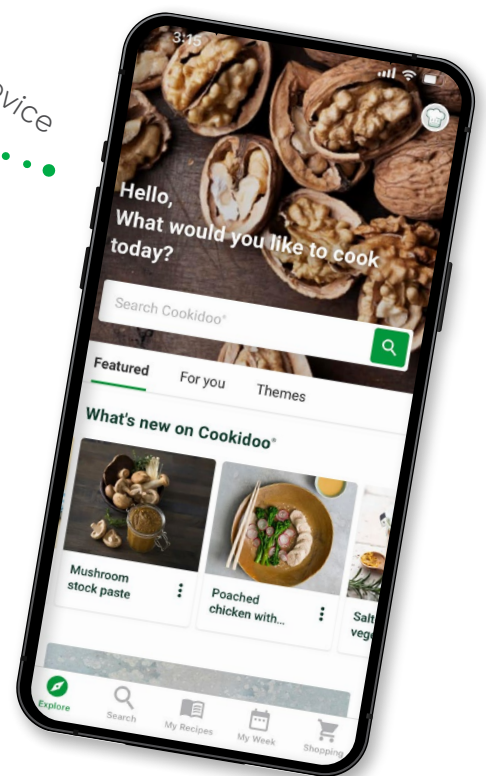
A world of recipes inside your Thermomix® TM6

You can enjoy deliciousness at your fingertips
with our exclusive recipe platform, Cookidoo®

Enjoy:

- Thousands of ready-to-use recipes on your screen
- Instant meal planning & shopping lists sent directly to Woolworths
- 75% of recipes prepped in less than 15 minutes
- Scale portions up or down for batch cooking

Connected device



Australia, get 30 days free!

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

thermomix
VORWERK




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

Béchamel

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®.