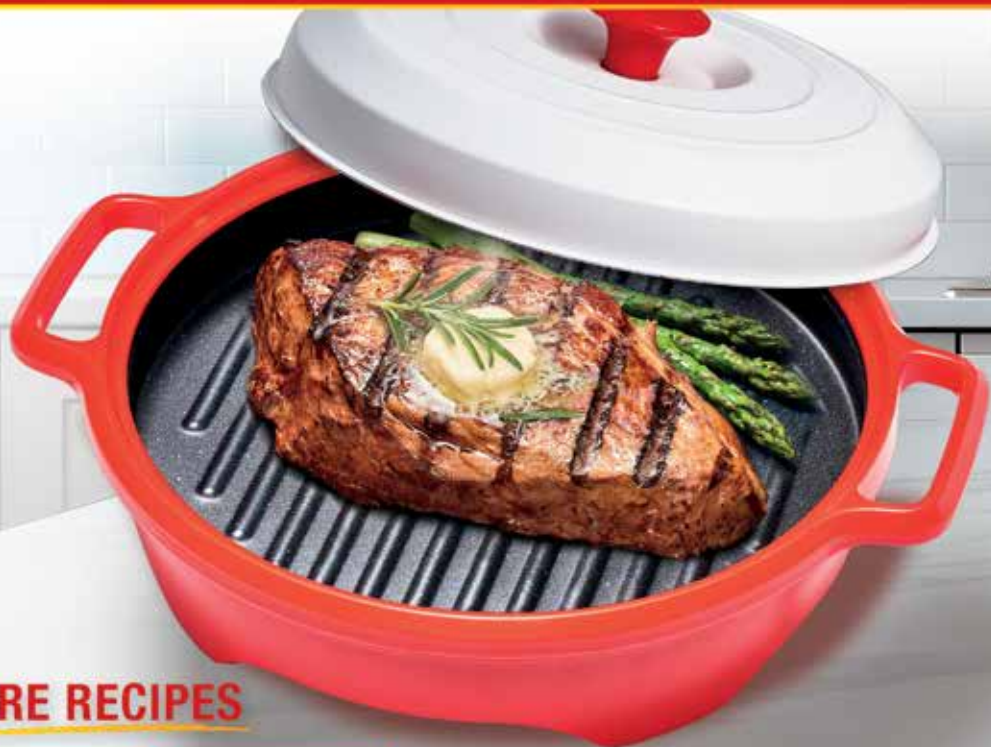


ROCKETCHEF™

TURBO GRILL

RECIPE GUIDE



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RocketChefKitchen.com

ROCKETCHEF™

TURBO GRILL

Thank you for your purchase of Rocket Chef™ Turbo Grill!

This innovative microwave grill lets you create juicy, flavorful meals quickly and easily. Now you can get the results of a grill with the speed of a microwave!

WHAT'S INCLUDED



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Quick Start Guide

1 PREHEAT

Preheat uncovered in the microwave for 2-3 minutes for best grill marks & flavor.



No preheat needed for reheating, steaming, or delicate foods.

2 ADD FOOD

Place ingredients in a single layer on the cooking surface and cover with lid.



3 MICROWAVE & FLIP

Cook according to the recipe or cooking time guide. Flip meat, poultry, seafood, and thicker foods halfway through cooking.



4 ENJOY!

Get grilled flavor, sear marks, and juicy results.



For Better Grilling Results

- Preheat for meat, poultry, and seafood.
- Pat food dry before cooking.
- Do not overcrowd the grill.



For Crispier Results

- Leave space between pieces.
- Cook in smaller batches.
- Add 1-2 extra minutes if needed.
- Lightly coat grill with cooking spray or oil.



For Frozen Food

- No thawing required for most items.
- Add 1-3 extra minutes compared to fresh foods.

COOKING TIME GUIDE

For Best Results, Preheat Grill 2-3 Minutes & Flip Food Halfway

FOOD	COOK TIME	FOOD	COOK TIME
 Burger	2 - 4 mins	 Pizza Reheat	3 - 4 mins
 Chicken Breast	5 - 7 mins	 Grilled Cheese	2 - 2.5 mins
 Steak	4 - 6 mins	 Chicken Nuggets	3 - 5 mins
 Fish	3 - 5 mins	 Bacon	3 - 4 mins
 Hot Dogs	2 - 3 mins	 Frozen French Fries	5 - 7 mins
 Sausage	5 - 7 mins	 Vegetables	5 - 7 mins

MICROWAVE POWER GUIDE

MICROWAVE WATTAGE	ADJUSTMENT
700 - 900W	ADD 1 - 2 MINUTES
1000 - 1200W	USE TIMES ABOVE
1200W+	REDUCE BY 1 - 2 MINUTES

IMPORTANT



Cooking times may vary. Start with the shorter cook time, and add time in 30 second increments if needed. Make sure food reaches safe internal temperature.

Always Cook to Safe Internal Temperature.

Chicken, Turkey, Poultry Wings

165°F

Ground Beef / Burgers

160°F

Steaks, Chops, Roasts, Pork Chops

145°F + 3 minute rest

Fish / Seafood

145°F

Leftovers / Reheated Foods

165°F

CLEANING & CARE

- Let grill cool completely before cleaning.
- Hand wash only with **WARM**, soapy water and a soft sponge or cloth.
- Do not use abrasive scrubbers or harsh cleaners.
- Do not use if coating is scratched or damaged.
- Do not submerge grill in water.
- Grill is **NOT** dishwasher safe.
- Lid is top rack dishwasher safe.

SAFETY

- Microwave use only.
- Do not use on stovetop, oven, hot plate, outdoor grill, or open flame.
- Use oven mitts when removing from microwave.
- Steam and hot surfaces can cause burns, open lid carefully.
- Do not use metal utensils.
- Let grill cool between uses.
- Let grill cool before continuing.
- Household use only, not for commercial use.
- **Do not use grill in the microwave for more than 20 minutes consecutively. If you're using for longer than 20 minutes, allow the grill to cool down and then start cooking again.**

CUSTOMER SERVICE

Your satisfaction is our #1 priority! If you can't find the answer to your question, please email our customer service team or visit us on our website.



RocketChefGrill@rephelpdesk.com



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Grilled Burgers

Serves: 1-3

INGREDIENTS:

- 1-3 5-ounce hamburger patties
- 1-2 tsp olive oil
- salt and black pepper to taste
- 1-3 slices of cheese
(optional for cheeseburgers)



DIRECTIONS:

Preheat: Preheat grill without lid in the microwave on high for 2-3 minutes.

Prep: Pat the patties dry with paper towels and rub both sides with olive oil and seasoning.

Assemble: Remove the grill from the microwave and add the burger patties in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 1-2 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the burgers. Replace the lid, return the grill to the microwave. Cook on high for another 1-2 minutes or until desired doneness.

Rest: Add cheese if desired. Rest for 1 minute. Then serve on hamburger buns with lettuce, tomato, onion and condiments, if desired.

NY Strip Steak

Serves: 1

INGREDIENTS:

- 1 NY strip steak
(8 oz, about 1 inch thick)
- 1 tsp olive oil
- Salt and black pepper to taste
- 1 lemon wedge (optional)

DIRECTIONS:

Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Prep: Pat steak dry with paper towels and rub both sides with olive oil, and seasoning.

Assemble: Remove the grill from the microwave and add the steak in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 2-3 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the steak. Replace the lid, return the grill to the microwave. Cook on high for another 2-3 minutes for medium-rare or until desired doneness.

Rest: Rest for 3 minutes.



Honey Soy Pork Chops with Broccoli

Serves: 2

INGREDIENTS:

- 2 center cut 6-ounce boneless pork chops
- 1 tsp olive oil
- salt and black pepper to taste
- 1 tsp honey
- 1 tsp soy sauce
- 1 cup broccoli florets
- ¼ red bell pepper, sliced (optional)



Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Prep: Pat pork chop dry with paper towels and rub both sides with olive oil, and seasoning. Mix honey and soy sauce then brush evenly on to both sides of the pork chops.

Assemble: Remove the grill from the microwave and add the pork chops in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 3 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the pork chops and then add the broccoli and red bell pepper. Replace the lid, return the grill to the microwave. Cook on high for another 2-3 minutes or until desired doneness.

Rest: Rest for 3 minutes.

Cooking times may vary. Start with the shorter cook time. Add time in 30 second increments. Always cook food to a safe internal temperature.

Salmon with Asparagus & Lemon

Serves: 1

INGREDIENTS:

- 1 8-ounce piece skinless salmon fillet
- 1 tsp olive oil
- salt and black pepper to taste
- 12 spears of pencil asparagus
- ½ lemon

DIRECTIONS:

Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Prep: Pat salmon dry with paper towels and rub both sides with olive oil, and seasoning.

Assemble: Remove the grill from the microwave and add the salmon in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 2-3 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the salmon and then add asparagus, squeeze lemon on the salmon and asparagus. Replace the lid, return the grill to the microwave. Cook on high for another 1-2 minutes or until desired doneness.

Rest: Rest for 3 minutes.



Chicken with Vegetables

Serves: 1-2

INGREDIENTS:

- 1-2 6-ounce boneless, skinless chicken breasts
- 2 tsp olive oil, divided
- 1 small zucchini squash, halved and sliced
- 1 small yellow squash, halved and sliced
- ½ lemon
- salt and black pepper to taste



DIRECTIONS:

Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Prep: Pat chicken dry with paper towels and rub both sides with olive oil, and seasoning.

Assemble: Remove the grill from the microwave and add the chicken in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 3 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the chicken and then add the yellow squash and zucchini, and squeeze lemon. Replace the lid, return to the grill to the microwave. Cook on high for another 2-3 minutes cook or until desired doneness.

Rest: Rest for 3 minutes.

Cooking times may vary. Start with the shorter cook time. Add time in 30 second increments. Always cook food to a safe internal temperature.

Chicken Stir Fry

Serves: 1-2

INGREDIENTS:

- 1 – 2 6-ounce boneless skinless chicken breasts
- 2 tsp olive oil
- salt and black pepper to taste
- 1 small carrot, shredded
- ¼ cup red bell pepper, sliced
- ½ cup small zucchini squash, halved & sliced
- ½ cup small yellow squash, halved and sliced
- ¼ cup red onion, sliced
- 1 cup broccoli florets
- 6 spears asparagus, cut into 2-inch pieces
- 2 tbsp honey
- 2 tbsp soy sauce
- 1 tbsp sliced green onion
- 1 tsp sesame seeds (optional)

DIRECTIONS:

You will have to cook vegetables and Chicken separately and then combine at the end.

Sauce: In a small bowl, mix honey and soy sauce.

Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Prep: Pat chicken dry with paper towels and rub both sides with olive oil, and seasoning.

Assemble: Remove the grill from the microwave and add the chicken in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 3 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the chicken. Replace the lid, return to the grill to the microwave. Cook on high for another 2-3 minutes or until desired doneness.

Rest: Rest for 3 minutes.

For vegetables, repeat the same steps used for the chicken.

Then combine in a separate serving dish and mix all ingredients.



Grilled Sausages

Serves: 2-4

INGREDIENTS:

- 2-4 sausages of your choice, scored to prevent bursting

DIRECTIONS:

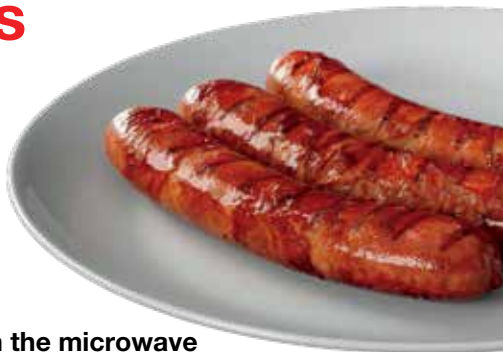
Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Assemble: Remove the grill from the microwave and add the sausages in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 3-4 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the sausages. Replace the lid, return to the grill to the microwave. Cook on high for another 2-3 minutes or until desired doneness.

Rest: Rest for 1 minute.



Crispy Chicken Wings

Serves: 1-2

INGREDIENTS:

- 8-10 chicken wings or drumettes, raw
- 1 teaspoon olive oil
- ¼ teaspoon kosher salt
- ¼ teaspoon coarse black pepper
- ¼ teaspoon garlic powder
- ¼ cup buffalo wing, BBQ or your favorite sauce
- 1 stalk celery, cut in to sticks (optional)



Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Prep: While preheating, pat the chicken wings dry and season with olive oil, salt, black pepper and garlic powder.

Assemble: Remove the grill from the microwave and add the chicken in a single layer; you should hear it sizzle, then cover with lid and return to microwave.

Cook: Cook on high for 3 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the chicken wings. Replace the lid, return to the grill to the microwave. Cook on high for another 3 minutes or until desired doneness.

Rest: Rest for 2 minutes.

Drizzle or toss the chicken wings in your favorite sauce.

Cooking times may vary. Start with the shorter cook time. Add time in 30 second increments. Always cook food to a safe internal temperature.

Crispy Bacon

INGREDIENTS:

- 4 slices bacon

DIRECTIONS:

Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Assemble: Arrange bacon in a single layer into the grill and cover with the lid.

Cook: Cook on high for 2 minutes covered. Remove the grill from the microwave, take the lid off.

Flip: Flip the bacon. Replace the lid, return to the grill to the microwave. Cook on high for 1 minute in 30 second increments until desired crispiness.



Chicken Nuggets

Serves: 1-2

INGREDIENTS:

- 6-12 frozen chicken nuggets
- ketchup, honey mustard, barbeque or your favorite dipping sauce

DIRECTIONS:

Prep: Spray bottom of the grill with cooking spray or oil of choice (optional).

Assemble: Place chicken nuggets on the grill, make sure they lay flat and do not overlap.

Cook: Cook on high for 2 minutes. Remove the grill from the microwave, take the lid off.

Flip: Flip the chicken nuggets. Replace the lid, return to the grill to the microwave. Cook on high for another 2 minutes.

Serve: Serve with your favorite dipping sauce.



Cooking times may vary. Start with the shorter cook time. Add time in 30 second increments. Always cook food to a safe internal temperature.

Grilled Cheese

Serves: 1

INGREDIENTS:

- 2 slices white or wheat bread
- 4 teaspoons butter, softened
- 2 slices American, cheddar, or choice of cheese

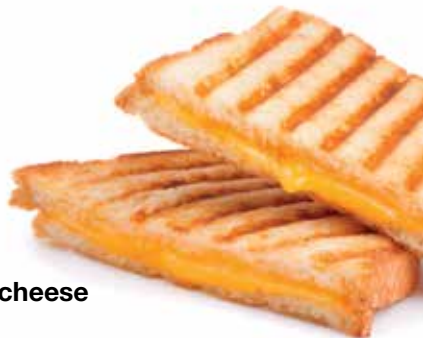
DIRECTIONS:

Prep: Spread butter on one side of each slice of bread.

Assemble: Place slices, buttered side down in the grill and top each slice of bread with one slice of cheese.

Cook: Cook on high for 2-2^{1/2} minutes, with lid on. Remove the grill from the microwave, take the lid off.

Serve: Put the two cheese sides together then serve with your favorite bag of chips.



Spaghetti and Meatballs

Serves: 1-2

INGREDIENTS:

- 8-ounces pot size spaghetti noodles (break noodles into correct size)
- 1 ½ cups water
- 4 pre-cooked frozen meatballs, thawed
- 1 cup jarred pasta sauce (more if you prefer it a little saucier)
- salt
- 1 Tablespoon freshly grated Parmesan cheese (optional)
- 1 teaspoon fresh chopped parsley (optional)



DIRECTIONS:

Preheat: Preheat the grill without lid in the microwave on high for 2-3 minutes.

Assemble: Remove the grill from the microwave and add the pasta, water and a pinch of salt.

Cook: Cook on high for 7 minutes. Remove the grill from the microwave, and let rest for 3 minutes before taking the lid off.

Top: Carefully add pasta sauce, and stir well with a non-metal utensil and top with meatballs. Replace the lid, return to the grill to the microwave. Cook on high for another 2 minutes.

Rest: Rest for 3 minutes with the lid on. Then add your favorite toppings like Parmesan and/or parsley.

Macaroni and Cheese

Serves: 1-2

INGREDIENTS:

- 7-ounces cooked elbow macaroni
- ½ cup half and half
(whole milk or milk of your choice)
- salt and black pepper to taste
- ½ cup shredded cheddar
- ¼ cup shredded mozzarella
- 1 teaspoon fresh chopped parsley (optional)



DIRECTIONS:

Preheat: Preheat the grill without the lid in the microwave on high for 2-3 minutes.

Assemble: Add the macaroni, milk, salt and stir into the grill and cover.

Cook: Cook on high for 3 minutes covered. Remove the grill from the microwave, take the lid off.

Top: Add black pepper, cheddar cheese and mozzarella cheese and stir well. Replace the lid, return the grill to the microwave. Cook on high for 1 minute.

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TURBO GRILL

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RKTC-IM-02-0626-200