

## Tupperware TUPPERWARE\_243

# Tupperware Microwave Safe Cooking Container Breakfast Maker 430ml

Model: TUPPERWARE\_243

## INTRODUCTION

The Tupperware Microwave Safe Cooking Container, also known as the Micro Delight, is designed for preparing quick and easy meals in a microwave oven. This 430ml container allows for efficient cooking of various dishes such as omelettes, frittatas, puddings, flans, cakes, upma, poha, and vermicelli. Its design focuses on convenience and even cooking, making it suitable for individuals seeking fast and healthy meal preparation.

## SAFETY INFORMATION

Please read and adhere to the following safety guidelines to ensure safe and effective use of your Tupperware Microwave Safe Cooking Container:

- **Microwave Power Limits:** Do not exceed the recommended microwave power and time limits. The maximum recommended use is **10 minutes at 400 watts** or **5 minutes at 800 watts**. Exceeding these limits may damage the container and compromise food safety.
- **Egg-Based Recipes:** For optimal results and to prevent overheating, use very low power (350W to 400W) when cooking egg-based recipes.
- **Steam Release:** The container features small venting holes on the cover to release excess steam during cooking. Do not block these vents.
- **Handling Hot Container:** Always use oven mitts or kitchen towels when removing the hot container from the microwave. The ergonomic rims are designed to provide a solid grip, but the container and its contents will be hot.
- **Material Safety:** This product is BPA-free and made from microwave-safe plastic.



Image: Close-up of the container lid, indicating maximum microwave power and time limits (400W - MAX 10min, 800W - MAX 5min) and showing the steam vents.

## SETUP

---

Before first use, wash the container and lid thoroughly with warm soapy water, then rinse and dry completely. No assembly is required.

## OPERATING INSTRUCTIONS

---

Follow these steps for preparing meals using your Tupperware Microwave Safe Cooking Container:

1. **Prepare Ingredients:** Place your desired ingredients into the container. For omelettes, whisk eggs with any additions like vegetables or cheese.
2. **Secure the Lid:** Place the lid securely on the container. Ensure the small venting holes are not obstructed.
3. **Microwave Cooking:** Place the container in the microwave oven. Cook according to your recipe's instructions, adhering to the maximum power and time limits (e.g., 10 minutes at 400W or 5 minutes at 800W). For egg-based dishes, use lower power settings (350W-400W) for best results.
4. **Even Cooking:** The container's special '8 shape' design helps microwaves reach the food efficiently,

promoting even cooking.

5. **Careful Removal:** Once cooking is complete, carefully remove the hot container from the microwave using the ergonomic rims as handles. Be mindful of steam escaping from the vents.
6. **Serve:** The container's shape is designed to present your meal in a ready-to-serve manner.



Image: Diagram highlighting the ergonomic design, easy-to-hold rims, microwave-specific design, and small steam vents of the container.



Image: A cooked omelette, seasoned with chili flakes and herbs, presented in the open Tupperware Microwave Cooking Container.



Image: A serving of Poha (flattened rice dish) with peanuts and herbs, prepared and presented in the Tupperware Microwave Cooking Container.

## MAINTENANCE AND CLEANING

---

Proper care ensures the longevity of your cooking container:

- **Dishwasher Safe:** The container is dishwasher safe. Place it on the top rack for best results.
- **Hand Washing:** If hand washing, use warm water and mild dish soap. A soft sponge or cloth is recommended to avoid scratching the surface.
- **Drying:** Ensure the container and lid are completely dry before storing to prevent odors or bacterial growth.
- **Stain Removal:** For stubborn food stains, a baking soda paste can be used. Apply, let sit for a few minutes, then scrub gently and rinse.

## TROUBLESHOOTING

---

If you encounter issues with your Tupperware Microwave Safe Cooking Container, consider the following:

- **Container Melting/Deforming:** This typically occurs due to excessive microwave power or cooking

time. Always adhere to the recommended limits: maximum 10 minutes at 400 watts or 5 minutes at 800 watts. For egg-based recipes, use 350W-400W.

- **Uneven Cooking:** Ensure the container is placed centrally in the microwave. The '8 shape' design is optimized for even heating, but extreme overloading or incorrect power settings can affect results.
- **Lid Not Sealing Properly:** Check for any food debris caught in the lid's grooves or on the container's rim. Ensure the lid is aligned correctly before pressing down.
- **Food Sticking:** Lightly grease the container with cooking spray or a small amount of oil before adding ingredients, especially for sticky foods.

## SPECIFICATIONS

Model Number	TUPPERWARE_243
Capacity	430 Milliliters
Material	Plastic
Container Shape	8 shape
Microwave Safe	Yes
Dishwasher Safe	Yes
BPA Free	Yes
Item Weight	0.16 Kilograms (5.6 ounces)
Dimensions (Package)	10.55 x 5.71 x 4.13 inches

## WARRANTY AND SUPPORT

Specific warranty information for this product is not provided in the available data. For details regarding warranty coverage, returns, or customer support, please refer to the official Tupperware website or contact Tupperware customer service directly. Keep your purchase receipt as proof of purchase.