

LAURA ASHLEY

SINCE 1953

by  MyVQ.com



HAND BLENDER 4-IN-1 SET

VQ-SBHB219-LACR-US

120V~, 60Hz, 150W

SAFETY AND INSTRUCTION MANUAL

Please read these instructions before
use and retain for future reference.

LAURA ASHLEY

SINCE 1953

by  MyVQ.com

Dear Valued Customer

We're absolutely over the moon knowing that you've chosen one of **MyVQ's** premium products. Your decision to join our community fills us with immense joy, and we're truly grateful for your support.

As you embark on this journey with your new purchase, we want you to know that we're here for you every step of the way. At **MyVQ**, quality isn't just a word, it's our promise. We pour our hearts into crafting products that exceed expectations because you deserve nothing less.

To ensure that your investment remains protected for years to come, we offer an extended warranty registration. This means you can rest easy, knowing that any hiccups along the way will be swiftly taken care of with our top-notch customer service team. Who are always there to help: **support@myvq.com**

But wait, there's more! We'd love for you to share your **MyVQ** experience with the world. Capture the magic of your new product in action, whether it's a cosy night in with your favourite music or a stylish addition to your kitchen creating a culinary delight. Don't forget to tag us on social media and use **#MyVQLove**, we can't wait to see your creativity shine!

Once again, from the bottom of our hearts, thank you for choosing **MyVQ**. Your satisfaction is our priority, and we're committed to delivering the highest level of excellence in everything we do. If you wanted to leave a review from where you purchased your product, we would be extremely grateful. Hearing our customers comments strives us to be the best company that we possibly can and always improving with genuine feedback.

To activate your warranty and embark on this exciting journey, simply scan the **VQ QR** code below. Let's make memories together!

With Warmest Regards,
VQ Team

**REGISTER YOUR WARRANTY,
CUSTOMER SUPPORT AND
ONLINE MANUALS**



PRODUCT OVERVIEW

SPECIFICATIONS:

This box contains:

- Instruction Manual
- Power Handle
- Blender Attachment
- Chopper Blade
- Chopping Bowl
- 700ml Blending Jar
- Storage Bag



MAIN COMPONENTS:

1. Power Handle
2. Blender Attachment
3. Chopper Blade
4. Chopping Bowl
5. Whisk Attachment
6. 700ml Blending Jar

TECHNICAL DATA

Description:	Hand Blender 4-in-1 Set
Model:	VQ-SBHB219-LACR-US
Rated Voltage:	120V~
Frequency:	60Hz
Power Consumption:	150W

Documentation

We hereby declare that all our small domestic appliances manufactured and distributed by us meet the regulations and standards set forth by the United States legislation.

Our commitment to quality and safety ensures that each product undergoes rigorous testing and adheres to the necessary guidelines outlined by relevant authorities in the USA. These measures encompass aspects such as electrical safety, material composition, emissions, and any other applicable requirements.

Furthermore, we affirm that our manufacturing processes comply with environmental regulations and ethical standards, promoting sustainability and responsible business practices.

This declaration serves as a testament to our dedication to delivering products that not only meet but exceed the expectations and requirements of consumers and regulatory bodies in the United States. Conforms to FDA Food Contact Materials.

FOR HOUSEHOLD USE ONLY

ENVIRONMENTALLY FRIENDLY DISPOSAL



This symbol on the Product or on its packaging Indicates that this product may not be treated as household waste. Instead it should be handed over to a suitable collection point for the recycling of electrical and electronic equipment.

If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and wellbeing.

Appliances bearing the symbol shown may not be disposed of in domestic rubbish. You are required to dispose of old electronic appliances like this separately.

IMPORTANT SAFETY INFORMATION:

PLEASE READ THESE NOTES CAREFULLY BEFORE USING YOUR VQ APPLIANCE

WARNING: Fire Risk – Most people are aware of the risks of Electrical Fires. Probably we all know someone who has experienced an issue of this kind, be it major or minor. The most common causes of these problems are tumble dryers, washing machines and to a lesser degree refrigerators. However, as a responsible supplier we want to provide you with the best advice to try and avoid a problem of this kind with any product you buy from us, no matter how small the risk. Therefore, please take particular note of any warnings in these **Operating Instructions** that are followed by “**Risk of Fire**”.

Read this manual thoroughly before first use, even if you are familiar with this type of product. The safety precautions enclosed herein, when correctly adhered to, reduce the risk of fire, electric shock and injury. Keep the manual in a safe place for future reference. Always follow basic safety precautions when using an electrical appliance, including the following:

- Ensure all packaging and transit materials have been removed. **DO NOT** remove the Rating Label. **WARNING:** Packaging materials can be a suffocation hazard to young children. Always ensure they are kept out of their reach.
- Make sure that your outlet voltage and circuit frequency correspond to the voltage stated on the **Rating Label** of the appliance.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- **CAUTION:** Keep this appliance out of the reach of children. It should only be used by or under the direct supervision of a responsible adult.
- Take care when handling the appliance. Always unplug it when unattended and before cleaning or storage.
- **DO NOT** let the cord hang over the edge of a table or work top. Do not let it touch hot surfaces or become knotted. Protect it from sharp edges.
- **WARNING:** To reduce the risk of electrocution, never operate this product with wet hands, never immerse it in water or use it where it can drop into water.
- **DO NOT** use this appliance outdoors. It is intended for indoor household use only.
- **CAUTION:** Switch off and unplug the appliance after each use. Ensure the motor stops completely before disassembling and cleaning.
- **DO NOT** use this appliance if it malfunctions or if the **Power Cord** is damaged. A damaged **Power Cord** must be replaced by the manufacturer or its authorised service agent. **Risk of Fire.**
- Repairs to electrical appliances should only be performed by a qualified electrician. Improper repairs may place the user at serious risk.
- Check the power cord regularly for damage.
- **DO NOT** use this appliance for any purpose other than those stated in this manual.
- The use of an extension cord is not recommended.
- **DO NOT** place the product too close to any other heat emitting appliances or in direct sunlight.
- Always switch off and unplug the appliance after use and before removing or attaching parts.
- Always unplug by holding and pulling the plug when disconnecting. Never pull on the cord.

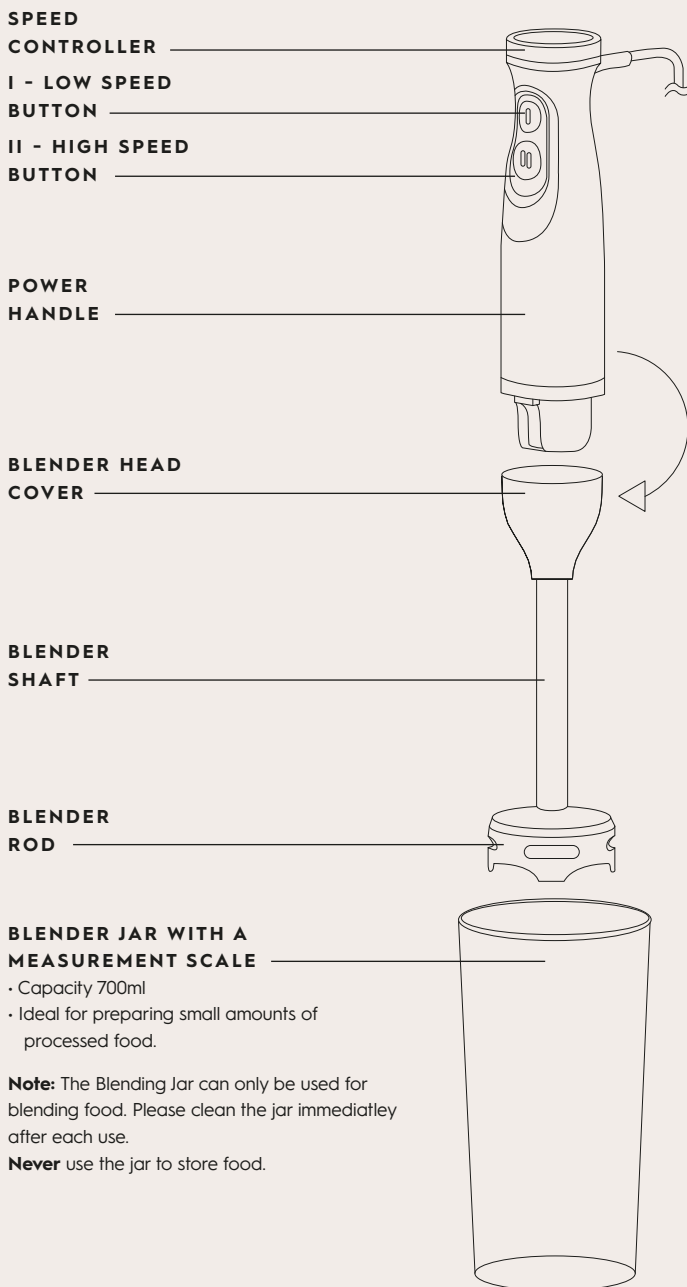
IMPORTANT SAFETY PRECAUTIONS SPECIFIC TO THIS APPLIANCE

- Never use harsh, abrasive or caustic cleaners to clean this appliance.
- Never leave the appliance unattended when in use.
- Never use this appliance with a damaged cord or plug, after it malfunctions or if it has been dropped or damaged in any way.
- **DO NOT** use this appliance outdoors. This appliance is intended to be used for household use only.
- **DO NOT** operate the appliance for longer than 1 minute continuously. After this prolonged use, allow to cool for 10 minutes before using again.
- **DO NOT** leave the cord hanging over the edge of a table top or work top where a child may pull on it.
- **DO NOT** use any attachments not recommended or supplied by the manufacturer. Risk of fire, injury or product damage. Your warranty will also be invalidated.
- **DO NOT** immerse the **Power Unit** in water or any other liquid.
- **DO NOT** use a Dishwasher to clean the Blender Shaft. It is **NOT Dishwasher safe**.
- **DO NOT** use this appliance for any other purpose than its intended use. It is not intended to be used in a commercial environment. Such use may cause damage and will invalidate your warranty.
- With heavy mixtures, do not use your blender for longer than **30 Seconds** in any five minutes period, as it may **Overheat**.
- Never attempt to blend or mix liquids or foods hotter than around 60C. Steam pressure can cause liquids to escape from the appliance. **Risk of injury.**

BEFORE FIRST USE

- Carefully unpack your **4-in-1 Hand Blender Set** and check that all the parts are present and undamaged. See "**Description of Parts on page 2**" below for the contents that you should have.
- Carefully remove the **Blade Covers** (if fitted). Be extremely careful when handling the cutting blades as they are very sharp, also when cleaning them after use.
- If you do find any damaged items, then **DO NOT** use the product. Contact your Service Centre for advice.
- We recommend you retain the packaging for ease of storage and as a precaution in case you experience a problem and need to return the item for repair.

PRODUCT OVERVIEW - BLENDER ATTACHMENT



USING YOUR BLENDER ATTACHMENT

Before first use, wash the **Blender Jar** in warm soapy water, rinse and dry thoroughly. Rinse the **Blender Head Cover** and **Blade** and dry wipe the Power Base with a damp cloth.

- Connect the **Blender Shaft** to the **Power Handle** and Turn and Lock.
- Connect the mains plug into a wall socket and switch on the socket.
- Peel and core the fruits and cut them into cubes, place these cubes into the **Blender Jar**.
- Lower the Blender onto the food and select the speed required.
- To operate press the **I (Low Speed Button)** or **II (High Speed Button)** as required
- You can blend baby food, soups, sauces, milkshakes and mayonnaise.
- Move the blade through the food using a slow stabbing action.
- If your blender gets blocked, unplug before cleaning.
- After use, unplug and dismantle.
- Clean as per instructions provided.

TIPS FOR BLENDING

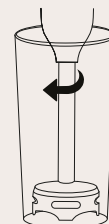
Insert **Hand Blender** into the jar containing ingredients at an angle. Use your free hand to cover the handle of the **Blending Jar** for better stability and avoid splattering.



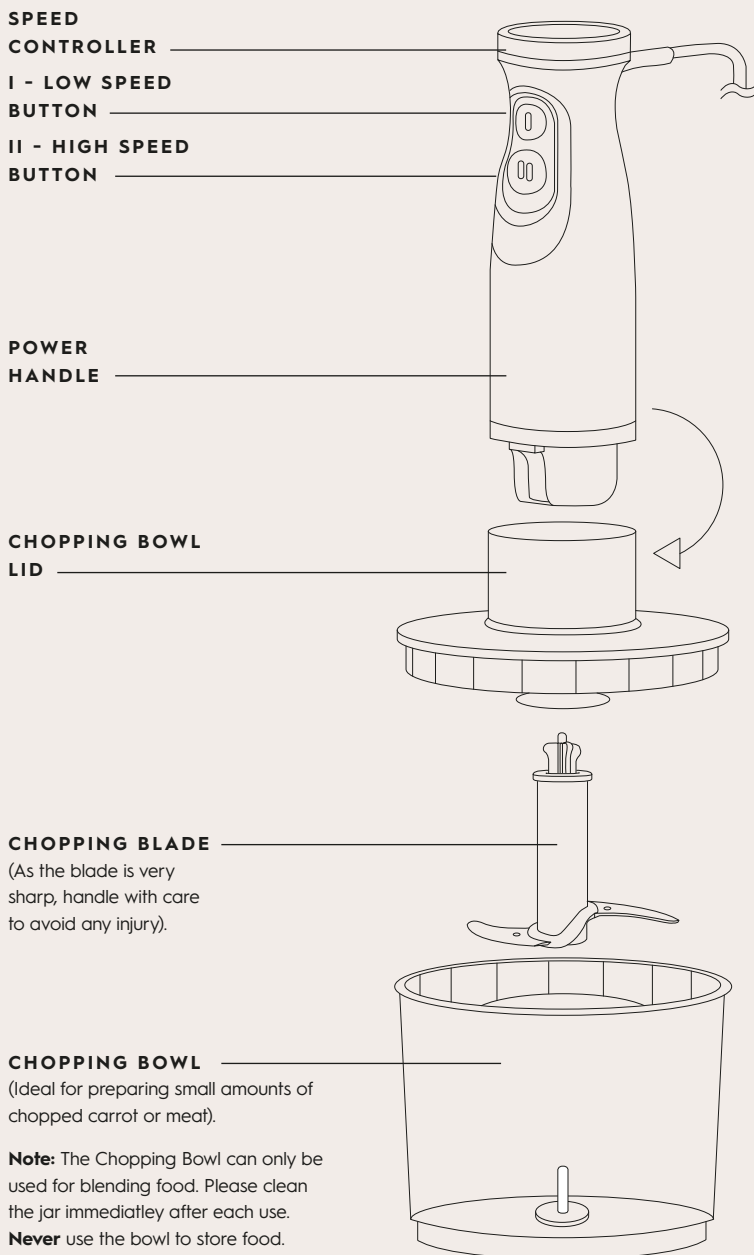
Hold at an angle and slowly draw it upwards against the side of the jar. As the **Hand Blender** is drawn up, you will notice the ingredients from the bottom of the **Blending Jar** are drawn up. When the ingredients are no longer drawn up from the bottom, return the **Hand Blender** to the bottom of the jar and repeat the process until the ingredients are at the desired consistency.



Using a light circular motion from your wrist, draw the **Hand Blender** up slightly and let it fall again into the ingredients. Allow your wrist motion and the weight of the **Hand Blender** to do the work.



PRODUCT OVERVIEW - CHOPPER ATTACHMENT



ASSEMBLING YOUR CHOPPER

Before first use, wash the **Lid**, **Chopping Blade** and **Chopping Bowl** in warm soapy water, rinse and dry thoroughly. Wipe the **Power Base** with a damp cloth.

CAUTION: The blades are extremely sharp and therefore dangerous. Handle with Caution!

1. **NEVER** immerse the **Power Base** or **Power Cord** in any liquid or wash under running water.
2. Place the **Power Base** on a flat and stain resistant surface.
3. **DO NOT** connect the **Power Cord** yet.
4. Firstly, fit the **Chopping Bowl Lid** onto the **Power Handle** with the handle pointing approximately to 8 o'clock. Then rotate it anti-clockwise until it clicks into position in alignment with the **Power Handle**.
5. Next, place the **Chopping Blade** onto the **Drive Shaft** in the **Chopping Bowl**. It only fits one way. Then turn slightly clockwise to secure. You are now ready to add the food you wish to process.

USING YOUR CHOPPER

1. If you are processing hard foods (e.g. carrots) then cut them into approximately 2.5cm pieces.
For soft foods any sensible size is suitable.

WARNING: DO NOT OVERFILL

2. Place the food into the **Chopping Bowl**.
3. Lower the **Chopping Bowl Lid / Power Base** assembly onto the **Chopping Bowl** engaging with the Chopping Blade.
4. Connect the **Power Cord** to a suitable wall outlet and switch on the outlet.
5. To operate press the **I (Low Speed Button)** or **II (High Speed Button)** as required.
6. **DO NOT** over process foods.

TIPS FOR CHOPPING

1. Cut solid food into small pieces first for easier blending or chopping.
2. To avoid splashing, insert the **Hand Blender** into the mixture before pressing the **Power Button**, and release the **Power Button** before pulling the **Hand Blender** out of the mixture.
3. When blending in a saucepan on a cooktop, remove the pan from the heating element to protect the **Hand Blender** from overheating.
4. For best blending, hold the **Hand Blender** at an angle and gently move up and down within the container. Do not pound down on the mixture with the **Hand Blender**.
5. To prevent overflow, leave room in the container for the mixture to rise when using the **Hand Blender**.
6. Do not place the **Hand Blender** in a hot pan on the cooktop when not in use.
7. Remove hard items, such as fruit pits or bones, from the mixture before blending or chopping to help prevent damage to the blades.
8. Do not use your **Hand Blender** to process coffee beans or hard spices such as nutmegs. Processing these foods could damage the blades of the **Hand Blender**.
9. Do not use the jar or the **Chopper Bowl** in the microwave oven.
10. The stainless steel **Whisk** may scratch or mark non-stick coatings; avoid using the **Whisk** in non-stick cookware.
11. To prevent splattering, use the **Whisk Attachment** in deep containers or pans.

PRODUCT OVERVIEW - WHISK ATTACHMENT

SPEED

CONTROLLER

I - LOW SPEED

BUTTON

II - HIGH SPEED

BUTTON

POWER

HANDLE

WHISK

Covers attaching whisk /whisk attachment and use of Variable Speed Control.

ASSEMBLING YOUR WHISK

Before first use, wash the **Whisk** and **Blender Jar** (if you intend to use this) in warm soapy water, rinse and dry thoroughly. Wipe the Power Base with a damp cloth.

1. Attach the **Whisk Adaptor** to the Power Handle roughly aligning the **Arrowhead** on the **Handle** with the **Unlock** symbol on the Lid. Turn clockwise to **Lock**.
2. Push the **Whisk** into the slot on the **Whisk Adaptor** until it locks in position.
3. Your Whisk is now ready for use.

USING YOUR WHISK

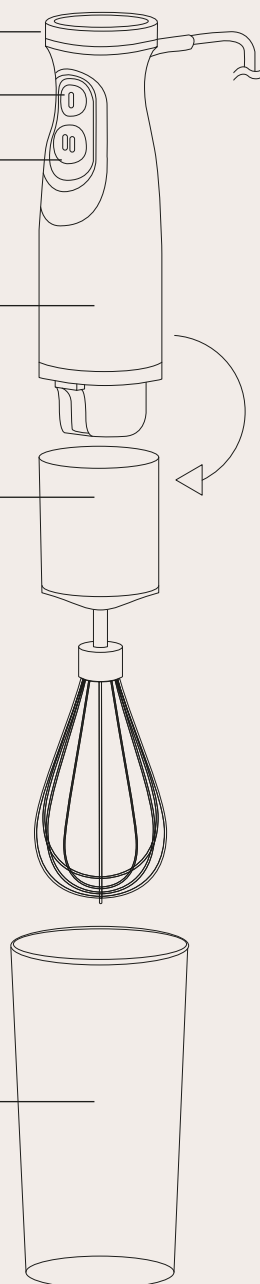
1. The Blender Jar is ideal if you wish to use your **Whisk** for **Egg Whites**. You can whisk two at a time if required.
2. It is best to use **SPEED 1** initially when whisking. Turn the **Variable Speed Control** to **MINIMUM** (fully clockwise) and then increase as desired or use **SPEED 2** (Turbo) if needed.

BLENDER JAR WITH A MEASUREMENT SCALE

(Ideal for whisking two egg whites at one time).

Note: The Blending Jar can only be used for blending food. Please clean the jar immediately after each use.













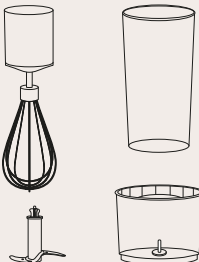



NEVER USE THE BOWL TO STORE FOOD.



FREQUENTLY ASKED QUESTIONS / TROUBLESHOOTING

PROBLEM	POSSIBLE REASONS	SOLUTION
Food seems to not being cut by the Chopping Blades.	Level of food is too low.	Add more food for processing.
Results are not good as expected.	Blender or Chopper is being operated continuously.	For best results pulse ON/OFF. This method tends to "catch" the food more effectively and process it

CLEANING AND MAINTENANCE

FITTING / ATTACHMENT	WARM SOAPY WATER	DISHWASHER SAFE	CLEAN WITH DAMP CLOTH
			
			
			
			

5 TOP HAND BLENDER RECIPES - VEGETARIAN*

1. Roasted Red pepper Hummus*



Ingredients:

410g can chickpeas
1 large garlic clove
2 roasted red peppers from a jar
1 tbsp lemon juice
2 tbsp olive oil, plus a bit extra for drizzling
½ tsp chilli powder
Italian breadsticks, celery sticks and radishes with the leaves on, to serve

Technique:

Rinse and drain the chickpeas, then tip them into a food processor. Peel the garlic and crush in with the chickpeas, along with plenty of salt and pepper. Whizz briefly.

Remove any stray seeds from the peppers, then add them to the processor with the lemon juice, olive oil and chilli. Blitz again until really smooth. Taste and add extra seasoning and chilli for more of a kick, if you like.

Spoon into a bowl, drizzle with olive oil and serve with celery sticks, radishes and a stack of breadsticks for dipping.

2. Rich Tomato & Basil Soup*



Ingredients:

1tbsp olive oil
2 garlic cloves, crushed
5 sundried tomatoes, roughly chopped
plum tomatoes
500ml turkey or vegetable stock
1tsp sugar, any type, or more to taste
½ soured cream
1tbsp pesto
basil leaves, to serve

Technique:

Heat the butter or oil in a large pan, then add the garlic and soften for a few minutes over a low heat. Add the sundried tomatoes, canned tomatoes, stock, sugar and seasoning, then bring to a simmer. Let the soup bubble for 10 mins until the tomatoes have broken down a little.

Whizz with a hand blender, adding half the pot of soured cream as you go. Taste and adjust the seasoning – add more sugar if you need to. Serve in bowls with 1 tbsp or so of the pesto swirled on top, a little more soured cream and scatter with basil leaves.

3. Mango Lassi*



Ingredients:

1 cup chopped very ripe mango (see how to peel and chop mango), frozen chopped mango, or canned mango pulp
1 cup plain yogurt
1/2 cup milk
4 teaspoons honey or sugar, more or less to taste
Dash ground cardamom (Optional)
Ice (Optional)

Technique:

Add ingredients to the blender:
Put the mango, yogurt, milk, honey (or sugar), and cardamom into a blender and blend for 2 minutes. If you want a more milkshake-like consistency and it's a hot day, either blend in some ice as well or serve over ice cubes.

Serve with a sprinkle of cardamom:
Pour contents into a glass and sprinkle with a tiny pinch of ground cardamom to serve.
The lassi can be kept refrigerated for up to 24 hours.

4. Creamy Cauliflower Mash*



Ingredients:

1 kg / 2lb cauliflower florets
2 garlic cloves, peeled, whole
2 tbsp (30g) unsalted butter
1/4 cup (25g) parmesan cheese, shredded
1/4 cup (55g) sour cream, optional
1 - 3 tbsp cooking water
Salt and pepper, to taste

Garnishes (Optional):

Melted butter, parsley, pepper

Technique:

Cut the larger florets in half or quarter so they're all about the same size.

Add cauliflower and garlic into a large pot of boiling water and cook for 10 minutes until very soft.

Scoop out a mug of cooking water.

Drain well, then transfer to food processor.

Add remaining ingredients, starting with no water, and blitz until smooth with a Hand Blender.

Use reserved cooking water to adjust consistency to taste and help puree smooth.

Adjust salt and pepper to taste

Transfer to serving bowl, drizzle with melted butter and garnish with parsley if desired.

Serve as a side with anything that you'd usually serve with mashed potato!

* Vegetarian Recipes / **Vegan Recipes /
***Flexitarian Recipes

5. Chocolate Avocado Pudding*



Ingredients:

4 large avocados, or 6 small (445g)
 ⅔ cup cocoa powder (65g)
 ½ cup maple syrup (125ml)
 ⅓ cup plant-based milk (8ml, I use soy milk)
 2 teaspoons vanilla extract (10ml, optional)

Technique:

Scoop the avocado into a food processor (remove skin and pits first).

Add cocoa powder, maple syrup, plant-based milk and vanilla extract.

⅔ cup cocoa powder, ½ cup maple syrup, ⅓ cup plant-based milk, 2 teaspoons vanilla extract
 Blend on high speed, stopping to scrape down the edges as you go, until the mixture is very smooth.

Taste and Adjust

Taste the pudding and adjust with more cocoa powder and/ or maple syrup if desired. Blend again to mix in any additional ingredients.

You can serve the pudding immediately, but for best taste and texture, chill for at least 30 min.

1. Homemade Vegan Mayo**



Ingredients:

1/2 cup original soy milk, (125mL)
 2 teaspoons apple cider vinegar, or lime juice or white vinegar
 1/2 teaspoon garlic powder
 1/2 teaspoon sea salt
 1 teaspoon dijon mustard
 1 cup oil, I recommend any neutral oil (don't use coconut oil) (250ml)

Technique:

Make sure all your ingredients are room temperature. If your milk is cold, you can microwave it for about 20 seconds.

Add the original soy milk, apple cider vinegar, garlic powder, sea salt and mustard in the immersion blender beaker/jar and stir together. Pour the oil over the soy milk mixture. Let it sit for about a minute.

Place your blender into the bottom of the jar. Blend and keep it firmly pressed against the bottom for about 15 seconds while the mixture emulsifies. Slowly move the blender up and down to properly blend and incorporate all the ingredients until thick and fully combined.

Taste and add/adjust any ingredients if needed. Place in a sealed jar in the fridge. It thickens up in the fridge even more. Enjoy!

2. Smoothie Bowl**



Ingredients:

1 heaping cup organic frozen mixed berries
1 small ripe banana (sliced and frozen)
2-3 Tbsp light coconut or almond milk (plus more as needed)
1 scoop plain or vanilla protein powder of choice* (optional)
TOPPINGS (optional)
1 Tbsp shredded unsweetened coconut (desiccated)
1 Tbsp chia seeds
1 Tbsp hemp seeds
Granola
Fruit

Technique:

Add frozen berries and banana to a blender and blend on low until small bits remain – see photo. Add a bit of coconut or almond milk and protein powder (optional), and blend on low again, scraping down sides as needed, until the mixture reaches a soft serve consistency.

Scoop into 1-2 serving bowls (amount as original recipe is written // adjust if altering batch size) and top with desired toppings (optional). I prefer chia seeds, hemp seeds, and coconut, but strawberries, granola, and a nut or seed butter would be great here, too!

Best when fresh, though leftovers keep in the freezer for 1-2 weeks. Let thaw before enjoying.

3. Creamy Vegan Ranch Dressing**



Ingredients:

110 g vegan mayonnaise
2 cloves garlic, peeled
3 tbsp extra-virgin olive oil
2 tbsp Dijon mustard
2 tbsp apple cider vinegar
1 tbsp pure maple syrup
1 tbsp nutritional yeast
1 tbsp herbes de Provence, or other dried herb
1 tbsp dehydrated chives
1 tsp onion flakes
1 tsp salt
1/2 tsp dill seeds
1/4 tsp cayenne pepper

Technique:

Place all the ingredients in a large measuring cup or glass container and process with a stick blender until smooth and creamy.

Pour into a cruet or any other clean glass jar; drizzle generously over your favorite salad. Leftovers will keep in the refrigerator in a sealed container for up to a few weeks.

* Vegetarian Recipes / **Vegan Recipes /
***Flexitarian Recipes

4. Creamy Vegan Soup**



Ingredients

1 Medium Onion White, Yellow or Brown, Chopped
 1 tsp Crushed Garlic
 1 Tbsp Coconut Oil
 ½ tsp Dried Thyme
 ½ tsp Dried Rosemary
 2 Large Carrots
 4 Large White Potatoes (1200g) peeled and chopped
 4 cups Vegetable Stock (960ml)
 14 ounces Canned Coconut Milk (400ml) Full Fat, Unsweetened
 Sea Salt and Black Pepper to taste
 Chives for garnish

Technique:

Add the chopped onions and crushed garlic to a pot with the coconut oil and dried thyme and rosemary and sauté until the onions are slightly softened.

Add the carrots and potatoes (peeled and chopped) and sauté for a minute just to blend the flavors together.

Pour in the vegetable stock.

Bring to the boil and then cover the pot, turn down the heat and simmer for around 30 minutes until soft and cooked.

Remove from the heat and blend with an immersion blender into a thick creamy soup. Then add the coconut milk and stir through.

Gradually heat the soup to a simmer again so that the coconut milk flavors blend properly.

Add sea salt and black pepper to taste. Serve with chopped chives and some delicious breads for dipping.

5. Homemade Vegan Pesto**



Ingredients:

96 g packed fresh basil (large stems removed)
 25 g pine nuts or walnuts (if nut-free, try sunflower seeds!)
 9 g cloves garlic (peeled)
 30 ml lemon juice
 9-12 g nutritional yeast
 1/4 tsp sea salt (plus more to taste)
 30-45 ml extra virgin olive oil*
 45-70 ml water (plus more as needed)

Technique:

To a food processor or small blender, add the basil, nuts, garlic, lemon juice, nutritional yeast, and sea salt and blend/mix on high until a loose paste forms.

Add olive oil a little at a time (streaming in while the machine is on if possible) and scrape down sides as needed. Then add 1 Tbsp (15 ml) water at a time until the desired consistency is reached – a thick but pourable sauce. (If avoiding oil altogether, sub the oil with vegetable broth or just use all water.)

Taste and adjust flavor as needed, adding more nutritional yeast for cheesy flavor, salt for overall flavor, nuts for nuttiness, garlic for bite / zing, or lemon juice for acidity.

Perfect for adding to sauces, dressings, breads, and more! My favorite recently has been adding it straight to zucchini or carrot noodles (see photo) for a beautiful, healthy side dish.

* Vegetarian Recipes / **Vegan Recipes /
 ***Flexitarian Recipes

5 TOP HAND BLENDER RECIPES - FLEXITARIAN***

1. Creamy Chicken & Veg. Soup***



Ingredients:

3 chicken breasts, - chopped into bitesize chunks
3 carrots, - peeled and roughly chopped
3 potatoes, - peeled and roughly chopped
2 celery sticks, - sliced
150 g mushrooms - sliced
pinch of salt and pepper
1 tsp dried thyme
850 ml chicken stock
3.5 tbsp butter
1 large onion, - peeled and finely chopped
6 tbsp plain (all purpose) flour
300 ml semi-skimmed milk
1 tbsp lemon juice
130 g sliced kale
2 tbsp chopped parsley

Technique:

Add chicken, carrots, potatoes, celery, mushroom, salt, pepper, thyme and stock to a large saucepan. Boil, then simmer for 15 minutes.

Drain and reserve the liquid stock.

Add butter and onions to a large saucepan. Cook onions for 5-6 mins on a medium heat, until softened. Add the flour and mix using a balloon whisk. Add in a ladle of the reserved stock. Stir with the whisk until smooth. Repeat until stock is used. Pour in the milk and heat whilst stirring with the whisk until the soup thickens.

Add the chicken and veggies back in. Add the kale. Heat through and add in half the lemon juice. Taste and add more lemon juice and seasoning if required. Sprinkle with parsley, then serve.

2. Classic Caesar Dressing***



Ingredients:

DRESSING:

6 anchovy fillets packed in oil, drained
1 small garlic clove
Kosher salt
2 large egg yolks
2 tablespoons fresh lemon juice, plus more
¾ teaspoon Dijon mustard
2 tablespoons olive oil
½ cup vegetable oil
3 tablespoons finely grated Parmesan
Freshly ground black pepper

CROUTONS:

3 cups torn 1" pieces country bread, with crusts
3 tablespoons olive oil

Technique:

Chop together anchovy fillets, garlic, and pinch of salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl. Whisk in egg yolks, 2 Tbsp. lemon juice, and mustard. Adding drop by drop to start, gradually whisk in olive oil, then vegetable oil; whisk until dressing is thick and glossy. Whisk in Parmesan. Season with salt, pepper, and more lemon juice, if desired.

CROUTONS:

Preheat oven to 375°. Toss bread with olive oil on a baking sheet; season with salt and pepper. Bake, tossing occasionally, until golden, 10-15 minutes.

* Vegetarian Recipes / **Vegan Recipes /
***Flexitarian Recipes

3. Chinese Chicken Curry***



Ingredients

4 skinless chicken breasts, cut into chunks (or use thighs or drumsticks)
 2 tsp cornflour
 1 onion, diced
 2 tbsp rapeseed oil
 1 garlic clove, crushed
 2 tsp curry powder
 1 tsp turmeric
 ½ tsp ground ginger
 pinch sugar
 400ml chicken stock
 1 tsp soy sauce
 handful frozen peas
 rice to serve

Technique:

Toss the chicken pieces in the cornflour and season well. Set them aside.

Fry the onion in half of the oil in a wok on a low to medium heat, until it softens – about 5-6 minutes – then add the garlic and cook for a minute. Stir in the spices and sugar and cook for another minute, then add the stock and soy sauce, bring to a simmer and cook for 20 minutes. Tip everything into a blender and blitz until smooth.

Wipe out the pan and fry the chicken in the remaining oil until it is browned all over. Tip the sauce back into the pan and bring everything to a simmer, stir in the peas and cook for 5 minutes. Add a little water if you need to thin the sauce. Serve with rice.

4. Creamy Dill Salmon***



Ingredients:

450g fresh salmon cut into 4 pieces
 1/4 teaspoon garlic powder
 Salt & pepper to taste
 Flour for dredging
 1 tablespoon olive oil
 1 tablespoon butter
 1/2 cup chicken broth or dry white wine
 1 teaspoon lemon juice
 1/2 teaspoon Dijon mustard
 1 cup heavy/whipping cream
 1 tablespoon fresh dill chopped finely

Technique:

Cut your salmon into 4 pieces. Sprinkle each piece with the garlic powder and season with salt & pepper. Coat each piece in flour on all sides.

Add the olive oil and butter to a skillet over medium-high heat. When the pan is hot, add the fish. Cook the salmon for 3-4 minutes/side or until it's nicely browned. Don't overcook - the salmon shouldn't be cooked fully yet. Remove fish to a plate and set it aside.

Add the chicken broth, lemon juice, and Dijon mustard to the skillet. Stir until mustard has been incorporated, and let it bubble for 1-2 minutes.

Add the cream to the pan, along with the dill.

Add in the salmon and let it cook for another 5 minutes or so until the sauce has thickened a bit and the fish has cooked through. Season with extra salt & pepper if needed. I like to serve it with fresh chopped parsley and a squeeze of lemon juice over the fish.

5. Potato Gratin***



Ingredients:

1.3kg Yukon gold potatoes, peeled and cut into 1-inch cubes
 ¼ cup unsalted butter
 2 shallots, diced
 3 cloves garlic, minced
 ¼ cup all-purpose flour
 2 cups chicken stock
 ¾ cup heavy cream
 2 cups shredded white cheddar cheese, divided
 2 teaspoons Dijon mustard
 Salt and freshly ground black pepper, to taste
 2 tablespoons chopped fresh chives

Technique:

Place potatoes in a large stockpot or Dutch oven; cover with cold salted water. Bring to a boil; reduce heat, cover and simmer until potatoes are tender, about 5 minutes. Drain well; set aside.

Preheat oven to 375 degrees F. Lightly oil a 9 x 13 baking dish or coat with nonstick spray.

Melt butter in a Dutch oven over medium heat. Add garlic and shallot, and cook, stirring frequently, until tender, about 3-4 minutes.

Whisk in flour until lightly browned, about 1 minute. Gradually whisk in chicken stock and heavy cream. Bring to a boil; reduce heat and simmer, stirring constantly, until reduced and thickened, about 5 minutes.

Remove from heat; stir in ¾ cup white cheddar cheese and mustard. Stir in potatoes; season with salt and pepper, to taste.

Spread potato mixture into the prepared baking dish. Place into oven and bake until potatoes are tender and mixture has thickened, about 35-40 minutes.

Sprinkle with remaining 1 ¼ cups white cheddar cheese. Place into oven and broil until golden brown, about 3 minutes. Let stand 5 minutes.

* Vegetarian Recipes / **Vegan Recipes / ***Flexitarian Recipes

We'd love to know and see how you are using your VQ Laura Ashley Hand Blender. What are your favourite recipes? For an opportunity to be featured on our Instagram page simply tag us @myvquk with a photo of your delicious meal, and if our mouths water we will share them through our social media.

Happy Cooking!

YOUR REVIEW, OUR QUEST

In today's digital age, online reviews have become a powerful tool for consumers seeking honest opinions and reliable information before making a purchase. However, the increase of fake reviews has cast a shadow of doubt on the authenticity of these testimonials.

At **VQ**, we believe in transparency, integrity, and putting our customers first. Research indicates that a significant percentage of reviews found online are fabricated, created either by companies themselves or automated bots. This unethical practice aims to boost sales by deceiving consumers with false endorsements.

The consequences of fake reviews extend beyond the realm of dishonesty. These fabricated testimonials can mislead consumers, leading to unsatisfactory purchases and eroding trust in the entire online shopping experience.

Fake reviews pose a serious threat to consumer trust and the credibility of online retailers. It's crucial for businesses to take proactive measures in eliminating fake reviews to protect their customers' interests and foster a genuine online shopping environment.

At **VQ**, we take immense pride in our commitment to ethical practices and customer satisfaction. We adamantly refuse to engage in the fabrication or promotion of fake reviews. Our mission is to create an honest and transparent platform where customers can rely on genuine feedback to make informed decisions.

Hence the name VQ, Vision in Design, Quality in Construction.

In February 2021, U.K. consumer advocacy group Which? published an investigation into how fake reviews for products available on Amazon Marketplace were being sold online in bulk. It found that companies set up for the sole purpose of flooding Amazon sellers' product listings with phoney praise were fuelling a huge global industry of coordinated online reviews.

We are proud to say that we have gained the most Which Awards for our audio products than any other British brand. Which magazine is an

independent publication that vigorously tests products across many different areas in order to give the consumer an impartial overview of how each product performs.

We understand that mistakes can happen, and sometimes products may have faults or fail to meet expectations. In such instances, our dedicated support team is readily available to address any concerns and resolve issues promptly. We value our customers' experiences and continuously strive to improve our products and services based on their feedback.

To combat the prevalence of fake reviews, we need your support. Genuine reviews from real people who have experienced our products first hand are invaluable in helping others make informed choices.

If you have purchased one of our products and are enjoying the experience, we encourage you to share your thoughts and provide honest feedback. Your feedback matters to us, and we sincerely appreciate your support in helping us create a legitimate community of shoppers.

We are building a growing community of customers via our **VQ & YOU! Brand Ambassador Programme**. There is an option to leave a review of a product purchased to gain points that can be redeemed with a % discount on our products. Our reviews are from 'real' customers, and we greatly appreciate and listen to all of the feedback.

VQ & YOU! Brand Ambassador Programme & Affiliate Marketing Scheme

We believe that providing genuine reviews from real customers is the cornerstone of an ethical retail industry. By choosing to combat fake reviews and put our customers first, we strive to foster a trustworthy shopping experience that empowers consumers to make informed decisions.

Together, we can create a more reliable and transparent online retail sector, one genuine review at a time. **Your Review, Our Quest.**

WARRANTY:



Your appliance comes with a standard 12 Month manufacturer's guarantee, however, with registration online you can extend this warranty to 24 months to enjoy even more piece of mind.

Simply visit
www.MyVQ.com/pages/warranty
to register your product for this extended warranty.

If you do need any assistance with this appliance during your Warranty period contact the VQ support team:



| **support@MyVQ.com**

**REGISTER YOUR WARRANTY,
CUSTOMER SUPPORT AND
ONLINE MANUALS**



Imported by:

Englewood Marketing Group
1471 Partnership Drive, Green Bay
Wisconsin, 54304, United States.

Manufactured by:

Sourcing Boutique HK Ltd, 21st Floor, The Phoenix
23 Luard Road, Wan Chai, Hong Kong.

LAURA ASHLEY
SINCE 1953



Compliment your Kitchen with the Complete China Rose SDA Collection



Need Help?



www.MyVQ.com



support@MyVQ.com