

Beyond Leftovers: 5 Foods to Try Grilling in a Microwave Grill Pan

RANGEMATE Signature brings grilled-style microwave cooking into fall meal routines with five simple ideas for everyday ingredients.

LOS ANGELES, CA, UNITED STATES, September 10, 2026 / EINPresswire.com/ -- Following its U.S. Amazon launch this summer, Pellytech Co., Ltd. is highlighting new ways to use the [RANGEMATE](#) Signature as fall routines get busier. Rather than using the microwave only for leftovers, frozen meals and quick snacks, consumers can also use it for everyday meal preparation.



RANGEMATE Signature brings grilled-style cooking to the microwave with salmon and vegetables.

The RANGEMATE Signature [Microwave Grill Pan](#) uses Pellytech's patented heating technology to transfer high heat to a metal cooking surface. After preheating, the surface can reach up to 400°C (752°F), helping create grilled-style results and visible grill marks on certain foods.

Here are five everyday meal ideas to try this season.

1. Grilled Cheese Sandwich — About 5 minutes

A warm grilled cheese sandwich is an easy comfort-food option. The heated surface helps toast the bread while the cheese melts inside, making it suitable for lunch or a snack.

2. Salmon with Vegetables — About 7 minutes

Fresh salmon paired with vegetables makes a straightforward lunch or dinner. Cooking against the heated surface keeps preparation simple while delivering a freshly cooked result.

3. Chicken and Mushrooms — About 7 minutes

Sliced chicken breast and mushrooms make an easy combination for a simple meal. Cutting the ingredients into similar sizes helps promote more even cooking.

4. Eggs, Bacon and Vegetables — About 6 minutes

Breakfast ingredients can work just as well for dinner. Eggs, bacon and vegetables create a flexible combination for a quick evening meal when something freshly prepared sounds better

than leftovers.

5. Steak and Small Potato Pieces — About 9 minutes

Steak paired with small potato pieces offers a satisfying meal more commonly associated with a skillet or grill, without requiring an open flame.

Cooking times are approximate and may vary depending on microwave wattage, ingredient size, quantity and preferred doneness.

Rather than replacing traditional cooking methods, RANGEMATE gives consumers another way to prepare fresh ingredients with an appliance they already use every day.

The RANGEMATE Signature is currently available to U.S. consumers through Amazon.com.

RANGEMATE Team

Pellytech Co., Ltd.

+827080282299 ext.

us@rangemate.shop

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