

PRE-PLATED MEAL INSTRUCTIONS

How to prepare your meal at home

PRE-PLATED MEAL

- Defrost your frozen pre-plated meal in the fridge for best heating results
- Place the vacuum bag sealed plate in the *microwave
(tip: include 1/2 cup of water while microwaving to provide extra moisture and steam)
- Recommended heating time - 2.5 minutes on high
(tip: if your meal is frozen recommending heating for 3.5 minutes on high)
- Remove the plate from the microwave using oven insulated gloves
- Remove your meal from its packaging and add your sauce
- *Note: *know your microwave as heat intensity varies.*

SAUCE

- Our frozen sauces can be heated in the microwave with your meal above or on their own in their bag
(tip: add 1/2 cup of water while microwaving to provide additional moisture and steam)
- Recommended heating time - 2.5 minutes on high
- Open the sauce packaging carefully and pour it over your meal.

ENJOY YOUR PRE-PLATED MEAL!



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