

If you purchased our pre-plated meals

Home Preparation & Heating Instructions



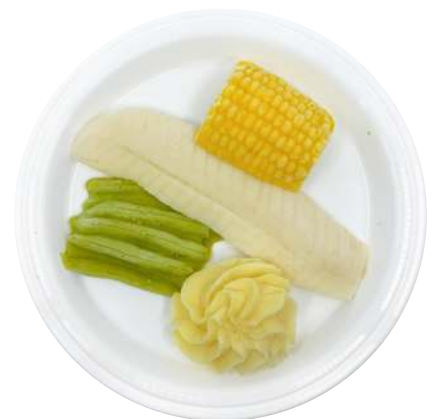
PRE-PLATED MEAL

- 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 on the side in microwave to provide extra moisture & steam
- Recommend heat time 1.5-2.5 min on high depending on microwave
TIP: if your meal is frozen recommend heating 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 how your microwave works 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 on the side in microwave to provide additional moisture & steam
- Recommend heat time 2.5 min on high
- Open the sauce packaging carefully and pour it over your meal.

Enjoy your pre-plated meal!



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