

If you purchased our packaged products

# Home Preparation & Heating Instructions



## PACKAGED MEAL

- Place frozen products on a plate, cover tightly with cling wrap and defrost in the fridge for best heating results
- Place cling wrap covered 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 to 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 insulated gloves
- Remove the cling wrap from your plate and add your sauce  
**NOTE: \*know how your microwave works as heat intensity varies.**

## SAUCE

- Frozen sauce 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**
- Recommended heat time 2.5 min on high depending on microwave
- Open the sauce packaging carefully and pour it over your meal.

**Enjoy your meal!**



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