

# Preparation & Heating Instructions



## MAIN MEALS

- Plate frozen products and cover with cling wrap/cover
- Defrost approx. 4 hrs or in fridge overnight
- Oven needs to be set to steam 5 min prior to placing product in and all plates heated on the steam setting
- Place the covered plate in the oven  
(tip: heating from thawed products delivers best results)
- Recommended heating 9-11 min in oven  
(tip: heating from frozen will take longer)
- Remove the plate from the oven
- Remove cling wrap/cover from the plate, add sauce and serve.

## DESSERTS

- Place dessert on a plate or in a bowl and cover
- Allow the dessert to thaw in the fridge  
(tip: some products thaw best overnight)
- Garnish or serve with cream, ice cream, yoghurt or custard.

**Serve your meals!**



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