



## Set Meal Reheating Instructions (Gluten Free)

### Store all components in the fridge before use

We've set out a few possible ways of warming things up. The oven takes the longest time but has the least washing up! If using the oven, pre-heat to Gas Mark 5, 190 degree C for 10 minutes before using the below instructions.

### Malaysian Chicken Curry

1. **ON THE HOB:** Gently empty into a pan and heat on medium heat, **covered with a lid**, until piping hot. Will take at least 4 minutes.
2. **MICROWAVE:** Pour out into a large microwavable container and microwave on high for 2 minutes, stir, then microwave for another 1 minute. ***If warming up for more than 2 people, add another minute.***
3. **OVEN:** Take lid off foil container and put curry in the pre-heated oven for 25 minutes.

Ingredients: chicken, rapeseed oil, onion, dry spices, tomatoes, salt, sugar, coconut milk.

### Prawns in Pineapple Sambal

Ingredients: **PRAWNS**, chillies, lemongrass, **SHRIMP PASTE**, onions, ginger, garlic, turmeric, coconut milk, sugar, salt. Contains **CRUSTACEANS**

### Lentil Curry

Ingredients: onion, garlic, chilli, ginger, salt, turmeric, garam masala, coriander, fennel seeds, rapeseed oil, **MUSTARD SEEDS**, tamarind, tomatoes, lentils. Contains **MUSTARD**.

### Black Bean Tofu

Ingredients: tofu puffs (**SOYBEAN**), onion, black beans, ginger, sugar, salt, rapeseed oil. Contains **SOYA**

#### Instructions for Prawns, Lentils and Tofu

1. **ON THE HOB:** Gently empty into a pan and heat on medium heat, **covered with a lid**, until piping hot. Will take at least 3 minutes.
2. **MICROWAVE:** Pour out into a microwavable container and microwave on high for 90 seconds. ***If warming up for more than 2 people, microwave for 2 minutes.***
3. **OVEN:** Take lid off foil container and put curry in the pre-heated oven for 15 minutes.

### Broccoli in Garlic Sauce

1. **ON THE HOB:** Gently empty into a pan and heat on medium heat, **covered with a lid**, stirring occasionally until piping hot. Will take at least 2 minutes.
2. **MICROWAVE:** pour out into a microwavable container, microwave on high for 1 minute. ***If warming up for more than 2 people, add on another 30 seconds' microwaving.***
3. **OVEN:** Take lid off foil container and put greens in the pre-heated oven for 15 minutes.

Ingredients: broccoli, rapeseed oil, salt, water, garlic

### Steamed White Rice

1. This was packaged and cooled immediately after cooking in line with UK food safety practices.
2. **ON THE HOB:** Bring a pot of water to boil and turn off heat. Put pack in water for 10 minutes, **covered with a lid**. Pour out into a bowl and fluff out with a fork.
3. **MICROWAVE:** Empty into a large bowl or container. Sprinkle 4 tablespoons water into bottom of container. **Cover with clingfilm or a lid.** Microwave on high for 3 minutes until the rice is steaming hot. Fluff out with a fork. ***This is the most effective method for warming up rice. If warming up rice for more than 2 people, break up and stir after 3 minutes, then microwave for another minute.***

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