



## Set Meal Reheating Instructions

### 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.

### Soy Braised Chicken and Eggs

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 microwavable container and remove eggs temporarily. **Cover container with clingfilm or a lid.** and heat on high for 3 minutes, stir and add back the eggs, then heat for another minute. ***If warming up for more than 2 people, add another minute.***
3. **OVEN:** Take lid off foil container and put dish in the pre-heated oven for 25 minutes.

Ingredients: chicken, oil, **SOY SAUCE**, water, pepper, sugar, ginger, star anise, **EGGS**. Contains **WHEAT GLUTEN, EGGS**

### Assam Prawns (Gluten Free)

Ingredients: **PRAWNS, MUSTARD SEEDS**, rapeseed oil, onion, ginger, garlic, dry spices, tamarind, sugar, salt, tomatoes, water.

Contains **CRUSTACEANS, MUSTARD**

### Five Spice Vegan Ragu

Ingredients: **SOY PROTEIN, SOY SAUCE**, sesame oil, sugar, cinnamon, five spice, pepper, oil, onion, star anise, garlic, chillies, cornflour, water, peas.

Contains **SOYA, WHEAT GLUTEN**

### Sweet & Sour Broccoli (Gluten Free)

Ingredients: broccoli, cornflour, water, sugar, vinegar, salt, pepper, cucumbers, onion, chilli, garlic, ginger, rapeseed oil, tomatoes, vinegar, spices and herb extracts.  
Contains **CELERY**

### Yellow Vegetable Curry (Gluten Free)

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 3 minutes.
2. **MICROWAVE:** pour out into a microwavable container, microwave on high for 2 minutes. ***If warming up for more than 2 people, add on another minute's microwaving.***
3. **OVEN:** Take lid off foil container and put greens in the pre-heated oven for 15 minutes.

Ingredients: cabbage, carrots, red pepper, onion, garlic, chilli, turmeric, lemongrass, rapeseed oil, coconut milk, salt, sugar.

### Steamed White Rice (Gluten Free)

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.***

#### Instructions for Prawns, Ragu and Broccoli

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 dish in the pre-heated oven for 15 minutes.

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