



## 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.

### Lemongrass 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 microwavable container, cover with clingfilm or a lid, and heat on high for 2 minutes, stir, then heat 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, sweet potato, coconut milk, water, chillies, turmeric, lemongrass, salt, kaffir lime leaves

### Prawns in Tomato Sambal

Ingredients: **PRAWNS**, onions, chilli, tomato, garlic, rapeseed oil, salt, sugar, water.

Contains **CRUSTACEANS**

### Tempeh in Tomato Sambal

Ingredients: tempeh (**soybeans**, rhizopus oligosporus), onions, chilli, tomato, garlic, rapeseed oil, salt, sugar, water. Contains **SOYA**

### Sweet & Sour Broccoli

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

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

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, Tempeh 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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