



## **GOURMET READY MEALS**

### **COOKING INSTRUCTIONS**

#### **Ovencook from frozen: 190 C / Gas 5 / 40 mins**

1. Pre-heat oven to 190 C/ Gas 5
2. Take lid off, then rest it on top of dish
3. Cook for 25 mins, stir, replace lid, cook for remaining 15 mins.

#### **Ovencook from chilled: 190 C/Gas 5 / 25 mins**

1. Pre-heat oven to 190 C/ Gas 5
2. Take lid off, then rest it on top of dish
3. Cook for 25 mins, stir and serve.

#### **Microwave from frozen: 850w: 5 mins**

1. Take lid off and rest on top of dish
2. Cook on full power for 3 ½ mins
3. Stir, replace lid, microwave on full power for remaining time.
4. Leave to stand for 1 minute, stir before serving.

#### **Microwave from chilled: 850w: 3 mins**

1. Take lid off and rest on top of dish
2. Cook on full power for 2 ½ mins
3. Stir, replace lid, microwave on full power for remaining time.
4. Leave to stand for 1 minute, stir before serving.

These are guidelines only, as all cooking appliances vary.  
**ALWAYS CHECK PRODUCT IS PIPING HOT THROUGHOUT BEFORE SERVING**