



What is the best way to heat the meals?

All Prep meals come in biodegradable compostable containers that can go in the freezer, fridge, microwave and oven. Just peel off the label and leave the lid on when heating.

BEST RESULTS ARE TO HEAT FROM FROZEN IN A NON STICK FRYING PAN FOR 10 MINS WITH A BIT OF WATER WITH THE LID ON BREAKING IT UP HALF WAY OR TO START IN MICROWAVE THEN FINISH IN OVEN

FROM FROZEN:

Pour in 2 tablespoons of water then place in microwave with lid on for 2 minutes, then give a good stir then place in oven with lid on at 200 degrees celsius for 15-25 minutes until piping hot.

FROM DEFROSTED:

Place in microwave with lid on for 1 minute, give a good stir then place in oven with lid on at 200 degrees celsius for 10-15 minutes until piping hot.

MICROWAVE ONLY

FROM FROZEN:

Pour in 2 tablespoons of water then place in microwave with lid on for 3 minutes on high, then give it a good stir then replace lid and heat for a further 2-3 minutes until piping hot.

FROM DEFROSTED:

Place in microwave with lid on for 1 minute, give a good stir then replace lid and heat for a further 1-2 minutes until piping hot.

OVEN ONLY

FROM FROZEN:

Preheat oven to 200 degrees celsius, pour a tablespoon of water on first then place in oven with lid on for 20 minutes, give a good stir then replace lid and heat for a further 20-25 minutes until piping hot.

FROM DEFROSTED:

Preheat oven to 200 degrees celsius, place in oven with lid on for 10 minutes, give a good stir then replace lid and heat for a further 15-20 minutes until piping hot.

RICE/QUINOA FROM FROZEN:

Pour 1 tablespoon of water on before heating.

BREAKFAST BURRITOS

Microwave on high from frozen for 1 minute on each side (take tin foil off).

Preheat oven to 200 degrees celsius, place in oven with tinfoil on, heat for 20-30 minutes.

SOUPS, PASTA CUPS & CAULI BITES

PASTA CUPS: TAKE LID OFF, ALWAYS add 100mls of water and microwave on high from frozen for 2 minutes, give a stir then heat again for a further 1-2 minutes until piping hot or heat in oven at 200 degrees for 20 minutes stirring halfway.

SOUPS: TAKE LID OFF & microwave on high for 2 minutes then stir then heat again for another 1-2 minutes UNTIL PIPING HOT.

OR tip into a pot with a little water and heat over medium heat, stir until pipping hot OR TAKE LID OFF and heat in oven at 200 degrees for 20-30 minutes stirring half way.

CAULI BITES: TAKE LID OFF, best heated in oven at 200 degrees for 20 minutes stirring half way.

ALL APPLIANCES ARE DIFFERENT SO HEAT ACCORDINGLY TO YOURS