

SUBLIME TAKE HOME FOODS - HEATING INSTRUCTIONS

Microwave

Frozen - Open corner of lid slightly, heat on high for 2 minutes, stir ingredients a little and heat for a further 2 min. May need to repeat depending on food/microwave.

Defrosted - Open corner of lid slightly, heat on high for 2 minutes. May require further heating depending on the food/ microwave.

Baked foods – Remove from foil and place in a microwave-safe container and cover. Heat on moderate power for 5-7 min., assess internal temp of food, and repeat process as required. May need to repeat again depending on the microwave.

Oven

Meals:

Frozen – Thaw a little to remove the food out of the container. Place contents in an oven proof dish and cover. Heat at 180C (160C fan-forced) for 15 minutes, mix ingredients a little and heat for a further 15-20 min. May need to heat longer depending on food/oven.

Defrosted : Place contents in an oven proof dish and cover. Heat at 180C (160C fan-forced) for approx 15-20min minutes. May require further heating depending on the food/oven.

Baked foods – Heat at 180C (160C fan-forced) for 15-20 minutes. Remove lid and heat for a further 15-20 min to crisp top layer. Assess internal temp of food and may need to heat further to reach desired temperature and/or crispiness.

Finger foods:

Remove from packaging , place on a lined oven proof tray and cook at 180C (160C fan-forced) for approx 15-20 minutes. May require further heating depending on the food/oven to get a crispy golden brown finish.