

## Reheating Jamie's Angels frozen meals.

### From frozen

#### Microwave ovens

1. Do NOT remove lid
2. Place container in Microwave on Medium Heat
3. Set timer for 13 minutes for Regular size meals and 20 minutes for Medium or Large (from frozen)
4. Remove lid and check that meal is hot (steaming). If not, replace lid and heat for a further 3 minutes until steaming hot.

Once hot, decant onto warm plate and enjoy.

#### Conventional ovens

1. Do NOT remove lid
2. Set oven at 170 degrees C
3. Place container in oven for 25 minutes for Regular and 35 minutes for Medium/Large
4. Remove lid and check that meal is hot (steaming). If not, replace lid and heat for a further 5 to 10 minutes until steaming hot.

Once hot, decant onto warm plate and enjoy.

#### Important!

These times may vary depending on your appliance.