



Heat and Eat Instructions

Meals have been pre-cooked (except for the Garlic Chilli Prawns) for your convenience and must be completely re-heated through before consumption.

Items must be kept refrigerated and stored at or below 5°C

Heat and Eat items are intended for consumption on day of purchase

ALL CARE HAS BEEN TAKEN TO REMOVE ALL BONES AND BONE FRAGMENTS, HOWEVER SOME MAY REMAIN

American Pork Ribs // Marinated Pork Belly // Whole Boneless Chicken Oven Method

- Preheat oven to 180°C

- Empty contents of the bag into a suitable ovenproof tray
- Place tray in oven and leave until hot throughout checking regularly
- Remove tray and serve

Water Bath Method

- Choose a suitable size pot (must hold enough water to cover bag)
- Fill pot with water (enough to cover bag) and bring to the boil
- Carefully place bag in boiling water for leave for aprx 7-8 minutes (or until hot throughout)
- Carefully remove bag from the water

- and open bag to serve (being careful as bag may be hot to the touch)

Lasagne // Lobster Mornay // Lamb Shoulder // Chicken Maryland// Garlic Butter Lobster// Cauliflower Mornay

- Preheat oven to 180°C

- Remove foil tray from bag or plastic lid from cardboard container
- Place tray on baking tray in the oven leaving until completely heated through
- Leave on baking tray when removing from oven. Allow to stand for 5 minutes
- ** Lamb Shoulder and Lobster with Garlic Butter ; Cover with foil before re-heating to prevent the meat from drying

OYSTERS

- Remove plastic lid
- Place on oven proof tray
- Place in oven and heat through completely until;
- Bacon is crispy for Kilpatrick
- Cheese is golden for Mornay

Vegetables

All veg has been either blanched or pre-cooked. Will need reheating via preferred methods. Either microwave, oven or hot water bath



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Beef Wellington

- Pre-heat oven to 180°C
- Remove plastic lid and place in the oven
 - Bake until pastry is golden brown
- Remove from oven, being careful as container may be hot to touch

Garlic Prawn Fettuccini

- Remove plastic lid and place container in the microwave, or alternatively empty contents into a microwave safe dish to reheat
- Can also be emptied into a non stick pan and heated over low to med heat stirring periodically to prevent sticking

All meals are pre-cooked *except for Garlic Chilli Prawns and require reheating via preferred suitable methods

Garlic Chilli Prawns

*Prawns are raw and need to be cooked

Water Bath Method

- Choose a suitable size pot (must hold enough water to cover bag)
 - Fill pot with water (enough to cover bag) and bring to the boil
- Carefully place bag in boiling water for leave for aprx 7-8 minutes (or until prawns are cooked throughout)
- Carefully remove bag from the water and open bag to serve (being careful as bag may be hot to the touch)

Microwave

- Place bag in microwave save container and cook in 30 second intervals, turning bac until prawns are cooked through

Thank you for your ongoing support through these challenging times.
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If you would like to pre-order your next meals, you can by calling or texting us on
0451 717 607

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