

## REHEATING INSTRUCTIONS

OVEN PERFORMANCE MAY VARY

### **SAMOSAS, BHAJIS**

Defrost for 1-2 hours at room temperature (better in a fridge for 2-3 hours).

Can eat cold but better warmed.

Microwave on a plate for 20 seconds/Oven at 200c for 10 minutes.

### **TANDOORI CHICKEN**

Defrost for 2 hours at room temperature (better in a fridge for 4 hours).

Can be eaten cold but great warmed.

Pop into an oven heated to 180c for ten minutes.

### **DAALS, SUBZI and CURRIES**

*(Ensure chicken/meat dishes are piping hot).*

Defrost (preferably overnight in a fridge).

Microwave 3-4 minutes, stirring halfway/Oven heat in an oven proof container with lid in a preheated oven (200c) for 10 minutes. Turn down to 170c for another 10/15 minutes.

Can simmer in a saucepan til piping hot.

### **RICE**

*Defrost (preferably overnight in a fridge).*

Microwave in plastic container for 2 minutes.

Or oven heat in an oven proof container with lid on at 200c for 10 minutes); down to 160c for another 5 minutes.

### **WARNING:**

**My kitchen is not nut free.**

**Never reheat twice.**