



# HEATING INSTRUCTIONS

All of our meals are fully cooked and only need to be reheated for you to fully enjoy them. The reheating times found on this sheet are approximate and you may need to adjust based on your oven type and preferred eating temperature.

## BEEF, PORK & CHICKEN

We fully cook beef, pork and chicken to an internal temperature of 165°F.

**OVEN:** Preheat your oven to 350°F then place your meat to a baking tray, a little bit of oil or water and then cover with aluminum foil to prevent it from drying out. This should take about 15-20 min, check temperature with meat thermometer; you are looking for an internal temp of 165°F

**MICROWAVE:** Using a microwave safe dish, add a little oil or water to the meat and cover with a microwave safe lid or plastic wrap. Microwave on high heat until the food is reheated evenly and thoroughly warm.

## FISH

**OVEN:** Overheating your fish could result in a rubber or dry piece of fish. So keep in mind this fish is fragile and do not overcook. We recommend preheating your oven to 350°F and place fish on a baking tray with a little bit of moisture (water, stock, oil or butter). Then cook for about 10-15 min.

**MICROWAVE:** Using a microwave safe dish, add a little moisture and warm for about 2-3 min

## BEEF DIP

SANDWICH

**OVEN:** (this will provide a crisp sandwich) Preheat oven to 350°F. Open sandwich, heat for 5-7 min or until cheese is melted and meat is warm.

**MICROWAVE:** Open sandwich and heat for 1-2 min. Until cheese and melted and meat is warm.

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**STOVE -TOP:** Put beef jus and bring to boil.

**MICROWAVE:** Using a microwave safe bowl, heat for 30 seconds.

## POTATOES, PASTA, LENTILS & RICE

**OVEN:** Preheat oven to 350°F. Put your potatoes or rice in a casserole dish and cover with aluminum foil. Heat for about 15-20 stirring half way through.

**MICROWAVE:** Using a microwave safe dish cook for about 2-5 min stirring half way through.

## VEGGIES

**OVEN:** Preheat oven to 350°F.

Place on baking tray with a little bit of oil or butter and heat for about 10-15 min.

**MICROWAVE:** Using a microwave safe dish heat for about 2-3 min, stirring half way through.

**FRYING PAN:** Using this method would keep the integrity of you veggies the best! Using medium high heat, sauté for about 2-3 min

