

# Demi-Chef

## Heating Instructions

Reheating Instructions for the following dishes (ensure item is thawed before cooking):

- **Beef Stroganoff**
- **Chicken and Vegetable Tikka Masala**
- **Braised Mongolian Beef and Potato Stew**
- **Chicken Pondicherry Curry**
- **Ham Hock Minestrone**
- **Aromatic Lamb Casserole**
- **Beef Bourguignon**
- **Beef Rendang**
- **Eggplant, Pinenut & Chickpea Tagine**
- **Thai Green Chicken**
- **Beef Massaman Curry**
- **Tandoori Butter Chicken**

1. *Pour contents of bag into a pot and place on the stove over a medium heat*
2. *Ensure food is heated through completely*
3. *Serve & enjoy with your favourite side dish i.e. rice or pasta*

*\*Please do not boil in the bag*

Reheating Instructions for the following dishes:

- **Chicken Pie**
- **Italian Lasagna**
- **Cottage Pie**
- **Beef Bourguignon and Cheese Pie (Frozen)**
- **Braised Beef and Vegetable Cobbler (Frozen)**
- **Lamb and Eggplant Moussaka \*(Frozen)**
- **Pumpkin, Spinach and Ricotta Cannelloni\*(Frozen)**

1. *Remove from fridge 60 minutes before cooking*
2. *Preheat oven to 180°C*
3. *Leave the cardboard lid on the foil tray and place onto a flat tray on the middle shelf of the oven*
4. *Reduce temperature to 170°C*
5. *Heat for 30 mins and then carefully remove the lid and parchment paper.*
6. *Increase temperature to 180°C and cook for a further 20-30 mins until golden brown*

*\*If cooking the Cannelloni, Cobbler or Moussaka from frozen, cook for a further 20 minutes*

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Reheating Instructions for the following dish:

- **Baked Chicken Breast Involтини filled with Ricotta, Basil & Semi-Dried Tomatoes**

1. *Remove tray from your fridge 1 hour prior to cooking and preheat oven to 180°C*
2. *Leave the paper lid on the foil tray and place onto a flat tray on the middle shelf of the oven*
3. *Heat for approx 30 minutes and then carefully remove the tray from the oven*
4. *Remove the paper lid off the foil tray, and cook for a further 15 minutes (or until the core temperature is 70°C if you have a thermometer to check)*
5. *Empty the contents of the White Wine Cream Sauce into a Saucepan and bring slowly to the boil then turn off*
6. *Serve Chicken with the Sauce drizzled over the top*

Reheating Instructions for the following dish:

- **Parmesan & Rosemary Crusted Lamb Chops with Vegetables**

1. *Simply preheat oven to 180°C*
2. *Remove the paper lid and place on a flat metal oven tray*
3. *Heat for 40 - 45 minutes or until hot*
4. *Remove from oven*

- **For Herb Jus**

1. *Simply pour Jus contents into sauce pan*
2. *Heat until ideal temperature is reached*
3. *Serve on top of Lamb and Vegetables*

Reheating Instructions for the following dish:

- **Mediterranean Vegetable Strudel**

1. *Preheat oven to 180°C*
2. *Remove the paper lid of foil tray*
3. *Place the foil tray onto a flat tray on the middle shelf of the oven*
4. *Heat for 35 minutes (or until the core temperature is 70°C if you have a thermometer to check)*
5. *Serve Vegetable Strudel with Sour Cream and Lemon Dressing drizzled over the top.*

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Reheating Instructions for the following dish:

- **Cantonese Style Sweet & Sour Pork**

- **For Pork Pieces**

1. Remove Pork from fridge 1 hour prior to heating
2. Preheat oven to 180°C
3. *Remove the paper lid from the foil tray and place onto middle shelf of your oven*
4. *Heat for 15-20 minutes*

- **For Sauce**

1. *Empty the contents of the sauce into a saucepan sufficient as not to boil over*
2. *Slowly heat the sauce on a medium heat till hot*

- **For Noodles**

1. *Heat a non-stick frying pan til slightly smoking*
2. *Add a little Vegetable Oil and carefully drop noodles into the pan*
3. *Quickly stir-fry for 3-4 minutes or until Noodles are hot*
4. *Plate Noodles on serving plate, top with Pork Pieces and drizzle Sauce on top.*