

## Recommendation Heating Instructions

### **Brownies**

Thaw for 30mins  
Microwave for 30 seconds or  
Oven 180°C 1 min

### **Cheese Cakes**

Thaw for 30 mins  
Serve

### **All other cakes**

Thaw for 45mins  
Serve

### **Muffins**

Thaw for 30mins  
Microwave for 10 seconds or  
Oven 180°C 1 min

### **Chocolate Lava**

Thaw for 45mins  
Microwave for 17 seconds

### **Breads**

Thaw for 30mins  
Toaster for 2 min or  
Oven 180°C 2 min

### **Pizzas (unBaked)**

Oven 180°C 10 mins

### **Tarts / Pie**

Thaw for 30mins  
Microwave for 30 seconds  
**(remove aluminium foil)** and  
Oven 180°C 1 min

### **Tandoori / Cajun Chicken**

Thaw for 30mins  
Microwave for 2 min or  
Oven 180°C 2 min

### **Chicken / Beef Lasagnes**

Thaw for 30mins  
Microwave for 4 mins or  
Oven 180°C 4 min

### **Curry / Sauces**

Thaw for 30mins  
Microwave for 4 mins or  
Saucepan bring to light boil

### **Soups / Chowder**

Thaw for 30mins  
Microwave for 4 mins or  
Saucepan bring to light boil

### **Pizzas (Baked)**

Thaw for 30mins  
Microwave for 2 mins or  
Toaster for 5 mins or  
Oven 220°C 2 – 3 min

Heating time are approximate and may differ due to equipment differences, please refer to your equipment manual for heating temperatures