

Recommended Preparation Instructions

Brownies

Thaw 45 mins
Microwave 15s or
Oven 1 min

Apple Crumble

Thaw 45 mins - 1 hour
Oven 1 min

Cheese Cakes

Thaw 45 mins - 1 hour

Mousse Cakes

Thaw 30 mins

Muffins

Thaw 45 mins
Microwave 10s or
Oven 1 - 2 min

Chocolate Bomb

Thaw 1 hour
Microwave 17s

Crepes

Microwave 45s

Ice Cream Cakes

Keep Frozen
Cut with a warm knife

All other cakes

Thaw 45 mins - 1 hour

Breads / Croissants/ Bagels

Thaw 45 mins
Toaster 3 mins or
Oven 2 - 3 mins

Chicken Mushroom Tart/ Beef Pie

Thaw 1 hour
Microwave 30s and
Oven 2 - 3 mins

Tandoori / Cajun Chicken

Thaw 1 hour
Microwave 2 mins or
Oven 5 mins

Smoked Duck

Thaw 1 hour
Microwave 30s or
Lightly pan fried

Chicken / Beef Lasagnes

Thaw 1 hour
Microwave 4 mins or
Oven 8 mins

Chicken Curry / Black Pepper Chicken / Mushroom Cream/ Bolognese Sauces

Thaw 1 hour
Microwave 4 mins or
Saucepan to light boil

Soups

Thaw 1 hour
Microwave 4 mins or
Saucepan to light boil

Pizzas baked

Microwave 2 mins or
Oven 5 mins

Pizzas unbaked

Oven 10 mins

**Microwave High Heat, Oven pre-heat 180 degrees celsius
Heating time may differ due to equipment difference, please
refer to your equipment manual for heating temperatures.**