



FAQs and tips

Can the recyclable plastic tray go in the Microwave?

Yes, Home Chef packaging is specifically designed to be used in the microwave. It's best to place the tray on a plate in the centre of the microwave plate.

Should I pierce lid before heating?

Yes, for best results pierce the lid to allow an even temperature throughout the meal.

Can the lid be pierced before going into the oven?

Yes, Home Chef packaging is designed to be used in both the microwave and conventional ovens. Best to place the tray on a plate for safe handling.

Should I defrost the meal before heating?

This is entirely up to you. Home Chef meals are best defrosted in the refrigerator for 24 hours before heating, however they are great heated from frozen. See our heating instructions.

Contact us

(08) 9378 2544

homechef.com.au

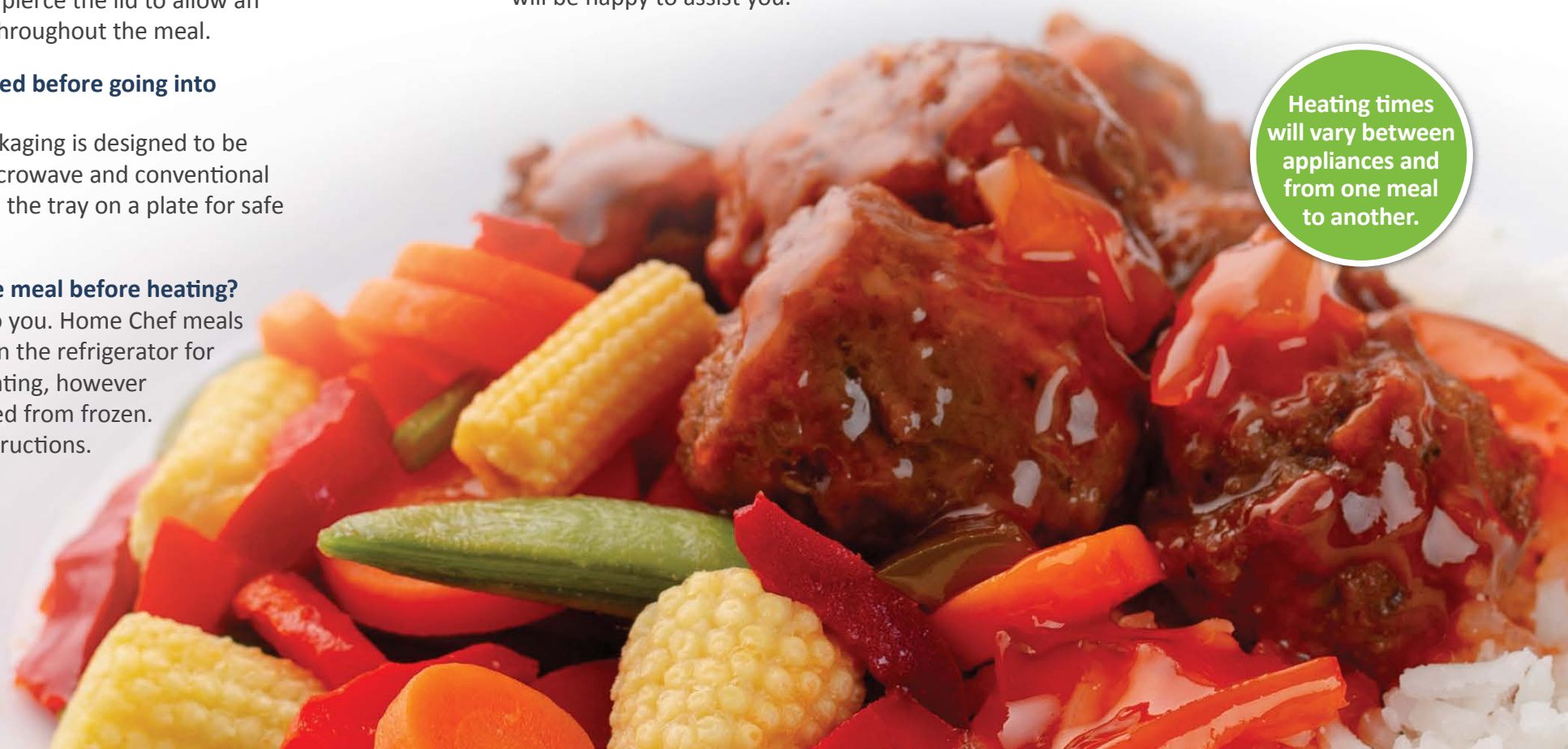
1/2 Yelland Way, Bassendean WA 6054

If you have any questions or queries please don't hesitate to give us a call.

One of our friendly staff members will be happy to assist you.

HEATING INSTRUCTIONS

FOR HOME CHEF MEALS



Heating times will vary between appliances and from one meal to another.

Meals

(Beef, Lamb, Pork, Chicken, Fish, Vegetarian)

Conventional oven (fan-forced)

Additional time may be required if oven is not fan-forced. Large meals will require more time.

1. Preheat oven to 180°C.
2. Pierce plastic lid with a fork.
3. Place meal in oven, on an oven safe tray with lid on.
4. **Defrosted:** Heat for 20-25 minutes.
Frozen: Heat for 35-40 minutes.
5. Check meal temperature is to your liking. Return to oven for a further 5-10 minutes if required.
6. Rest meal for 1-2 minutes before serving.

Defrosted meals



20-25 minutes

Frozen meals



35-40 minutes

Microwave oven

1. Pierce plastic lid with a fork.
2. Place meal in microwave, on a microwave safe tray with lid on.
3. Ensure container does not touch the walls or top of the microwave.
4. **Defrosted:** Heat for 3-4 minutes on 100% (High) power.
Frozen: Heat for 6 minutes on 100% (High) power.
5. Check meal temperature is to your liking. Return to microwave for a further 2 minutes if required.
6. Rest meal for 1-2 minutes before serving.

Defrosted meals



3-4 minutes

Frozen meals



6 minutes

Puree

Defrost in refrigerator for 24 hours before heating. Use within 2 days of defrosting.

Heat in microwave oven only.

Defrosted (Puree meals must be defrosted before heating):

1. Pierce plastic lid with a fork.
2. Place meal, with plastic seal (lid) in place, in microwave on a microwave safe plate with lid on.
3. Heat for 2 minutes on 50% (Medium) power. Return to microwave for additional time if required.
4. Remove plastic seal.
5. **Serve in the container.**

Defrosted puree meals



2 minutes

Desserts

For best results, defrost in refrigerator for 24 hours before serving/heating. Delicious served cold or warm. Heat in microwave oven only.

1. Place dessert, with lid sitting loosely on top, in microwave on a microwave safe plate.
2. **Defrosted:** Heat for 30 seconds on 100% (High) power.
Frozen: Heat for 1-2 minutes on 50% (Medium) power.
3. Serve in container or in a bowl.

Defrosted desserts



30 seconds

Frozen desserts



1-2 minutes

Soups

Stove Top

Defrosted or frozen:

1. Empty soup from plastic container into a saucepan.
2. Heat on stove top.
3. Once soup begins to heat, stir until heated to your liking.

Note: Soup does not need to boil.

Keep an eye on the soup to ensure it does not boil over.

4. Serve in a mug or bowl.

Defrosted or frozen soups



Microwave oven

1. Place soup, with lid sitting loosely on top, in microwave on a microwave safe plate.
2. **Defrosted:** Heat for 2 minutes on 100% (High) power.
Frozen: Heat for 4 minutes on 100% (High) power.
3. Remove from microwave and stir.
Note: Soup does not need to boil.
4. Serve in container or in a mug or bowl.

Defrosted soups



2 minutes

Frozen soups



4 minutes

NOTE: Heating times will vary between appliances and from one meal to another.