



Zebratasty's food pack reheat instructions

Slow Cook Salmon

Re-heat Instructions after defrost:

- Without peeling the bag, microwave for three 20 seconds (20sec x 3 times) intervals on low heat.
- Oven: Cut vacuum bag open, put chicken on oven-safe dish and on a baking sheet, cover with aluminum foil, 25 minutes at 150 degrees Celsius.

Slow Cook Half Spring Roasted Chicken

Re-heat Instructions after defrost :

- Without peeling the bag, microwave for 2 minutes at 1,000W
- Oven: Cut vacuum bag open, put chicken on oven-safe dish, 25mins at 175 degrees Celsius
- Saucepan: Place the bag into the saucepan and reheat for 10 minutes.

Soup Packs

Re-heat Instructions after defrost :

- Saucepan: Place the bag into the saucepan and reheat for 8 –10 minutes.
- Without peeling the bag, microwave for 3 minutes at 800W.