

## Heating & Storage GUIDELINES



### oven

Place starters & naan breads on an oven tray for ~15 -20mins - 180c until heated thoroughly.



### air fryer

Reheat starters for ~5-10mins - 180c until heated thoroughly.



### microwave

curries - ~3-4mins  
rices - ~2-3mins  
chappaties - ~10/15secs

If you use a microwave to reheat food, make sure there are no cold spots. Cold spots are areas that receive the lowest thermal energy. You should thoroughly reheat food to a minimum core temperature of 75°C. (In Scotland it must be reheated to a minimum of 82°C). You can only reheat food once and if you do not use it after reheating, you must throw it away.



### pan

Transfer curry into a preferred cooking pan & have it on slow heat on cooker until piping hot to serve.

### Food Allergies & intolerances

Please ask a member of staff instore or email us if you suffer with any food allergies before purchasing a product.  
Thank you.

### Ways to store our products onced purchased

Keep refrigerated and use by the date shown on product.  
Products should be stored below 5°C.

Suitable for home freezing - if frozen, make sure you defrost first before reheating by using the heating guidelines mentioned above. Once defrosted, do not refreeze again. Curries, Starters, Rices and selected Sundries (naans, chappaties & curry sauces) can be frozen.