

Code: 1553 - Cheese & Bacon Quiche

For best results cook from frozen.

Appliances may vary, the following is a guide only.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6**.
2. Remove all packaging including foil. Place on a baking tray.
3. Cook in the centre of the oven for **20 minutes**.
4. Leave to stand for **1 minute** before serving.

AIR FRYER Cooking instructions

1. Preheat air fryer to **160°C**.
2. Remove all packaging including foil. Place in basket.
3. Cook in the centre of the air fryer for **20 minutes**.
4. Leave to stand for **1 minute** before serving.

DEFROST & SERVE Instructions

1. Remove quiche from pack and place on a plate.
2. Defrost fully in a refrigerator for **24 hours**.
3. Once defrosted, keep refrigerated and consume within 24 hours.

Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code: 1554 - Cheese & Onion Filled Potato Skins

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking instructions

- 800 WATT
1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
 2. Heat on FULL POWER for:
5 minutes and 30 seconds.
 3. Leave to stand in the microwave for **1 minute.**
 4. Serve.

- 900 WATT
1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
 2. Heat on FULL POWER for:
4 minutes and 30 seconds.
 3. Leave to stand in the microwave for **1 minute.**
 4. Serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6.**
2. Remove all packaging. Place the potato skins with the topping facing upwards on a baking tray.
3. Cook in the centre of the oven for **20 minutes** or until crisp.
4. Leave to stand for **1 minute.**
5. Serve.

Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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Code: 1555 - Cheese & Bacon Filled Potato Skins

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking instructions

- 800 WATT
1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
 2. Heat on FULL POWER for:
5 minutes and 30 seconds.
 3. Leave to stand in the microwave for **1 minute.**
 4. Serve.

- 900 WATT
1. Remove all packaging. Place the potato skins with the topping facing upwards on a microwaveable plate.
 2. Heat on FULL POWER for:
4 minutes and 30 seconds.
 3. Leave to stand in the microwave for **1 minute.**
 4. Serve.

OVEN Cooking instructions

1. Pre-heat oven to **180°C Fan / 200°C / Gas mark 6.**
2. Remove all packaging. Place the potato skins with the topping facing upwards on a baking tray.
3. Cook in the centre of the oven for **20 minutes** or until crisp.
4. Leave to stand for **1 minute.**
5. Serve.

Please ensure this meal is piping hot throughout before serving.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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