

# HEATING INSTRUCTIONS

## GYOZA & SHUMAI



If you can't wait to tuck in, our dumplings can be eaten cold but are much nicer if you warm them through in the oven.

Pre-heat your oven to 180°, pop the dumplings on a tray and warm through for approx 7-10 mins. Cut one in half and check they are piping hot in the middle before enjoying with a little dip.

Our gyoza boxes are compostable so you can pop this in the brown bin when you're done. Unfortunately the little dip pot is plastic, we're still working on sourcing an alternative to these.

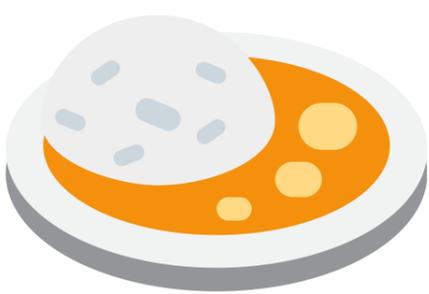
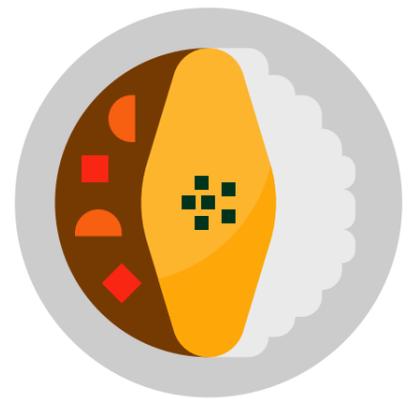
## KATSU CURRY & TONKATSU

Our curry bowls are microwavable, take the lid off and heat on full power for 2 mins, give the curry a stir and pop back in for a further 1.5/2mins. Leave to sit for 1 min and ensure the curry is piping hot throughout before consuming.

If you have chicken, ebi katsu croquettes or any other breaded items you might like to remove before microwaving and pop these in the oven on a tray for 10 mins to add a bit of crunch. For tonkatsu heat the rice or eat cold but always heat the pork to bring back the crisp!

If you don't have a microwave just pop the rice and sauce into a pan and gently warm until piping hot.

Please rinse the packaging and pop the whole lot into the blue bin for recycling. Our curry packaging is also freezable.



Our curry bowls are microwavable, take the lid off and heat on full power for 2 mins, give the curry a stir and pop back in for a further 2 mins. Leave to sit for 1 min and ensure the curry is piping hot throughout before consuming.

The packaging can be re-cycled, please rinse and pop into your blue bin.

## MISO SOUP

Heat in the microwave or in a pan on the stovetop. Please don't boil the soup as this will not only affect the taste of the miso but also kills the probiotics in the miso which bring such great health benefits.

The packaging can be re-cycled, please rinse and pop into your blue bin.



## SHAKE NO HOIRU

Heat in the microwave for 1.5 mins, stir and heat again for another minute. Leave to sit for 1 minute before eating.

Please ensure the food is piping hot before consuming. If you prefer you can return the salmon to the oven to heat.

All heating times are approximate, please ensure food is piping hot before eating. Enjoy your meal!