

Heating Marion's Meals

Introduction

Marion's Meals are intended to be reheated in a microwave or conventional oven. It is assumed that there is no stove top for reheating and all meals must be ready to heat without any further cooking skills.

Serving Containers



Large Plastic Tub

These shall be heated in the microwave with lid-on (slightly loose).

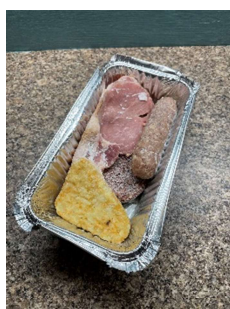
Add a splash of water before heating



Small Foil Tray

These are heated in a conventional oven with the lid off.

Place foil tray on a baking tray for heating.



Large Foil Tray

These are heated in the conventional oven with lid on. These trays are not common in Marion's Meals.

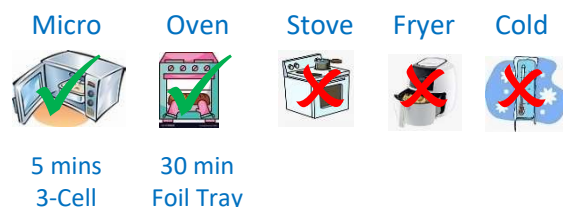


Three-Cell Tray

These are heated in the microwave with lid loose and are good for getting the whole meal in a single container.

Example Heating & Serving

Heating instructions from chilled are a guide only.



Adjust times if cooking from frozen.

Be sure the meal is piping hot throughout.

3-Cell Tray

Loosen the lid and pop in the microwave on full power for the time indicated.

This is best consumed directly from the tray.

Foil Tray

Pre-heat the oven to 190°, gas mark 5.

Remove the paper lid and place the foil container on a baking tray.

To serve the foil version on a pre-heated plate, fold back the sides of the foil tray and transfer the meal to the plate with a fish slice.

Can be eaten directly from the tray.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Notes

As of 2022, Marion's Meals have not yet been tested in an air fryer.

The adjustments for heating from frozen are usually made by doubling the time indicated for heating from chilled.

The most important thing is to ensure the food is piping hot throughout before serving.

Microwaved meals generally benefit from a little mixing with a fork part way through the heating process.