

# Jo's Chicken Pasta



## Stove Top

Medium stove top temperature. Remove lid, place food into a pan, heat slowly stirring intermittently, bring to a gentle simmer.

## Microwave Defrosted (400g)

Remove lid, place in the middle of the microwave and heat for 3 minutes, gently stir and heat for a further 2-3 minutes.

## (Serves 700g)

Remove lid. Place in the middle of the microwave and heat for 5 minutes, gently stir and heat for a further 5-7 minutes.

## Frozen (400g)

Remove lid. Place in the middle of the microwave and heat for 5 minutes, gently stir and heat for a further 5-7 minutes.

## (700g)

Remove lid . Place in the middle of the microwave and heat for 10 minutes, gently stir and heat for a further 8-10 minutes

## Serving Suggestion

Serve with garlic bread and a fresh green salad.

## Please Note

These cooking instructions are just a guideline. Since your appliance may vary in personality or power rating, please adjust as needed.

Portion size is a guideline, as it depends on one's appetite and if any accompaniments are being served.