

# Long Grain Rice



## **Microwave Defrosted (250g)**

Remove lid. Place in the middle of the microwave and heat for 1 minute, gently stir and heat for a further 1-2 minutes.

## **(500g)**

Remove lid. Place in the middle of the microwave and heat for 1 minute, gently stir and heat for a further 1-3 minutes.

## **Frozen (250g)**

Remove lid. Place in the middle of the microwave and heat for 4 minutes, gently stir and heat for a further 1-4 minutes.

## **(500g)**

Remove lid. Place in the middle of the microwave and heat for 5 minutes, gently stir and heat for a further 3-5 minutes.

## **Oven Defrosted (250g)**

Preheat oven to 180°C. Remove lid. Cover with foil and place in the centre of the oven on a baking tray. Heat for 5 minutes, remove foil, gently stir, re-cover with foil and heat for a further 5-7 minutes.

## **(500g)**

Preheat oven to 180°C. Remove lid. Cover with foil and place in the centre of the oven on a baking tray. Heat for 10 minutes, remove foil, gently stir, re-cover with foil and heat for a further 8-10 minutes.

## **Frozen (250g)**

Preheat oven to 180°C. Remove lid. Cover with foil and place in the centre of the oven on a baking tray. Heat for 10 minutes, remove foil, gently stir, re-cover with foil and heat for a further 5-10 minutes.

## **(500g)**

Preheat oven to 180°C. Remove lid. Cover with foil and place in the centre of the oven on a baking tray. Heat for 20 minutes, remove foil, gently stir, re-cover with foil and heat for a further 5-10 minutes.

## **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.