

From Frozen

Speed Oven - Menumaster MRX523A

1. Set oven temperature to 170°C with 100% microwave and 10% fan speed
2. Heat for 105 seconds

Microwave + Air Fryer

1. Defrost in a 900watt microwave for 2 minutes on high
2. Rest for 1 minute
3. Bake in air fryer @ 160°C for 3 minutes

Combi Oven - RATIONAL iCombi Pro

1. Pre heat oven to 190°C Combination 60% - 40%
2. Cook for 7 minutes

Conventional Oven

1. Pre heat oven to 180°C (or fan forced oven to 170°C)
2. Bake for 11-12 minutes

Microwave + Conventional Oven

1. Microwave on high for 1 minute
2. Pre heat oven to 160°C (or fan forced oven to 150°C)
3. Bake for 5 minutes

From Chilled

Speed Oven - Menumaster MRX523A

1. Set oven temperature to 170°C with 50% microwave and 50% fan speed
2. Heat for 45 seconds

Microwave + Air Fryer

1. Microwave on high for 1 minute
2. Rest for 1 minute
3. Bake in air fryer @ 160°C for 3 minutes

Combi Oven - RATIONAL iCombi Pro

1. Pre heat oven to 190°C Combination 60% - 40%
2. Cook for 4 minutes

Conventional Oven

1. Pre heat oven to 180°C (or fan forced oven to 170°C)
2. Bake for 6-7 minutes

Please note that heating times will vary depending on the oven.

Serve immediately after heating.

Quiches held warm must be discarded after 4 hours.

This heating guide ensures the core temperature of >75°C.

Thawing Guide

Always thaw in a refrigerator at <5°C.
Single serves require 8 hours to defrost.
Full box requires 12 hours to defrost.