



Heat&Serve Omelettes Heating Instructions

Please note:

These instructions are a guide only. Timing may vary according to quantities cooked and the power of equipment used. When opening bag please take care as steam may have built up during the cooking process. Serve product hot. For optimum results consume within 2 hours.

Microwave (based on an 1100 watt oven)

1. Place frozen omelette in microwave – do not remove from wrap.
2. Microwave on High for 1 minute.
3. Turn over and heat for a further 30 seconds.
4. Remove from wrap to serve.

Combi Oven

1. Preheat combi oven to 175°C with 50% steam.
2. Place frozen omelette in oven – do not remove from wrap.
3. Heat for 15-18 minutes.
3. Remove from wrap to serve.

Sandwich Press

1. Preheat sandwich press.
2. Remove from wrap and place frozen omelette inside sandwich press.
3. Lower sandwich press lid and heat for 7 minutes.

Grill / Hot Plate

1. Preheat grill or hot plate.
2. Remove from wrap and place frozen omelette on grill or hot plate.
3. Heat for 3.5 minutes.
4. Turn omelette over and heat for a further 3.5 minutes.

Conventional Oven

1. Preheat oven to 180°C.
2. Place frozen omelettes on a baking tray in the centre of the oven – do not remove from wrap.
3. Heat for 20 minutes or until heated through.
4. Remove from wrap to serve.

Bain Marie

Reheated wrapped omelette(s) may be kept in a Bain Marie for a maximum of 4 hours.

*Product is reheated when it reaches 65°C at core.