



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 (120g omelette) or 40 seconds (80g omelette).
3. Turn over and heat for a further 30 seconds.
4. Remove from wrap to serve.

Combi Oven

1. Preheat combi oven to 70°C with 30% steam.
2. Place frozen omelette(s) in oven – do not remove from wrap.
3. Heat until warmed through (60-65°C).
3. Remove from wrap to serve.

Sandwich Press

1. Thaw omelette(s) in fridge overnight.
2. Remove from wrap and place omelette(s) inside sandwich press with top down, but without touching the omelette.
3. Cook for 4 minutes (120g omelette) or 3 minutes (80g omelette).
4. Open press and turn the omelette(s) over. Lower the press without touching the omelette(s).
5. Cook for a further 4 minutes (120g omelette) or 3 minutes (80g omelette).

Grill / Hot Plate

1. Thaw omelette(s) in fridge overnight.
2. Preheat grill or hot plate.
3. Remove from wrap and place omelette(s) on grill or hot plate. Cook for 4 minutes (120g omelette) or 3 minutes (80g omelette).
4. Turn omelette(s) over and heat for a further 4 minutes (120g omelette) or 3 minutes (80g omelette).

Conventional Oven (120g only)

1. Preheat oven to 180°C.
2. Place frozen omelette(s) on a baking tray in the centre of the oven – do not remove from wrap.
3. Heat for 20 minutes or until heated through (60-65°C).
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.