

THICK & EASY® VEGETABLES & MEATS

MICROWAVE DIRECTIONS (1200 watt microwave)

FROM FROZEN STATE

1. **PLACE** individual tray in microwave (**FILM SIDE UP**). **DO NOT PUNCTURE FILM.** **
2. **COOK** on **50% POWER** for 2 minutes. **DO NOT OVERCOOK.**
3. **LET STAND** for 2 minutes.
IMPORTANT – Product must reach an internal temperature of 165°F.
4. **REMOVE** film from tray; loosen product from the edges, invert onto a serving tray and gently tap until the product releases from the tray.

**** COOKING TIP:** Before cooking, tap the mold until the product releases to avoid sticking to the mold during cooking.

ALWAYS USE A DIGITAL THERMOMETER TO TEST FOR DONENESS IN THE THICKEST PORTION OF THE PRODUCT.

ALL MICROWAVE OVENS WILL VARY. HEATING TIMES GIVEN ARE APPROXIMATE AND MAY NEED TO BE ADJUSTED BASED ON PREVIOUS COOKING EXPERIENCES WITH YOUR INDIVIDUAL MICROWAVE.