



Reheat: on the stove

Choose ONE method: stove OR microwave. This sheet shows the stove.



01 Take one portion

Reheat only the amount you plan to eat.



02 Heat and stir regularly

Use suitable heat and stir regularly. Stay nearby. Do not let food burn or boil dry.



03 Check the centre is hot

Stir and check the centre. The food should be steaming hot throughout, not just at the edges.



04 Eat while hot

Handle hot dishes carefully. Reheat leftovers only once.

Stir and heat thoroughly. A food thermometer gives a more reliable check: aim for 75°C in the centre.



Reheat: in the microwave

Choose ONE method: microwave OR stove. This sheet shows the microwave.



01 Microwave: cover loosely

Use a microwave-safe dish.
Follow food and oven directions.



02 Stir and allow standing time

Stir during heating.
Follow the stated standing time.



03 Check the centre is hot

Stir and check the centre. The food should be steaming hot throughout, not just at the edges.



04 Eat while hot

Handle hot dishes carefully. Do not let food dry out or burn. Reheat leftovers only once.

Stir and heat thoroughly. A food thermometer gives a more reliable check: aim for 75°C in the centre.