

# How to reheat your food

A guide for a good dining experience if you have to reheat your food:

## MAIN COURSES (Curries + Vegetarian & Vegan + Single Meals):

All of the **main courses** have two options for reheating: the best option and the fast option.

We always recommend that you choose the best option (Section A), but if you are in a hurry, you can also get a decent result by using the fast option (Section B).

### A) The best option for reheating:

- 1) Heat a frying pan with maximum heat. You get the best result with a non-stick pan.
- 2) Add a little bit of (vegetable) oil.
- 3) Pour the dish on the pan.
- 4) Use a wooden spoon or palette for stirring. You get the best result with a flat head, as shown in the pictures.
- 5) Continue to stir the curry in such a way that the spoon/palette constantly touches the bottom of the pan. This way you avoid the food from burning on the pan.
- 6) When the oil begins to separate from the curry (the sauce) the food is ready. It can take anywhere between 3 to 10 min., depending on how hot the pan is, and how cold the dish was when you started.
- 7) Immediately pour the dish onto a plate.
- 8) The finished dish can, if desired, be topped with fresh coriander, fresh mint, fresh ginger, fresh green chilli or a squeeze of lime juice.



### B) The fast option for reheating:

- 1) The takeaway trays are not suitable for oven or microwave. Therefore:
- 2) Pour the dish onto a plate or another microwave safe container and put them in the microwave.
- 3) Normally the main dishes needs 2-3 min. at maximum power, but it can vary depending on the power of the microwave. A good tip is to take the dish out after 1 min. and stir it.
- 4) Serve immediately after warming.
- 5) The finished dish can, if desired, be topped with fresh coriander, fresh mint, fresh ginger, fresh green chilli or a squeeze of lime juice.

## SIDES:

- 1) **Rice** can either be heated together with the main dish on the pan, or separately in the microwave (put it on a plate or another microwave safe container).
- 2) **Paratha** is heated on a very warm pan. The bread does not need much heating time so be aware when you heat them, so they do not burn.
- 3) **Nan** is heated on a very warm pan. If the bread is a little hard, it is a good idea to soften it with a little bit of water before you place it on the pan.

**Bon appetite!**

Warm regards,

**B'INDIA**