

IRIS

Japan

Step 1

Preheat the oven to 180oc

Step 2

Add the chicken katsu to the oven and set a 20 minute timer

Step 3

Loosen the lid on the ramen, beans and Gyozas, microwave for 4 minutes or until piping hot. place the lids back on to keep hot

Step 4

When there is 10 minutes left on the timer add the prawn skewers to the oven

Step 5

Loosen the lids on the rice, greens & curry sauce and microwave for 5 minutes or until piping hot