

IRIS



Step 1

Preheat the oven to 180oc

Step 2

Add the pork stew and seafood stew to the oven and set a 15 minure timer

Step 3

After 5 minutes add the empenadas and croquettes

Step 4

After 10 minutes add the bread

Step 5

Microwave the rice for 2 minutes. ensure all food is piping hot before serving