

# IRIS

## *Sunday roasts*

### Reheating instructions

Preheat the oven to 180oc

remove the lids from the cauli cheese & roasties and place in the oven. set a 20 minute timer.

After 10 minutes pierce lids on the carrot and swede, mash & greens and microwave for 3 minutes. (leave the lids on to keep hot whilst doing other veg)

When there is 5 minutes left on the timer add the yorkshire pudding to the oven.

Microwave your chosen meat for 2.5 minutes or until piping hot