## Step by Step Guide

## (§) STEAMPLICITY

## **Easy Steps – Soups & Small Meals**



Look to check that the seal and valve are intact, and the oval is in date.



Place the oval and the bowl inside the microwave side by side.



Press the correct button according to the programme number on the label.



Once cooked, remove the oval by holding the container at both ends, and then the bowl. Take care when handling. Once removed, leave to stand for 30 seconds before taking the temperature.



Temperature probe the food. If above 82°C record the temperature. If not, return to the microwave and press 0 for a 30 second boost. Take temperature again. If the oval has still not reached 82°C, dispose of meal and replace.



Holding the tab side of the container away from you, peel back the film lid.



Pour the contents into the warm bowl.



Serve immediately.

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