

# Step by Step Guide

## Easy Steps – Plates



Ensure the Steamplicity microwave is plugged in. Look to check that the seal and valve are intact, and the meal is in date.



Place one meal at a time in the microwave on a Steamplicity white china plate. The blue plate must **NOT** go into the microwave.



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



After cooking, leave for 30 seconds then temperature probe **every meal** in the main protein item. **If above 82°C record on temperature record sheet and go to Step 7.**



If the temperature is below 82°C, use the boost function. (30 seconds).



Return meal to the microwave and press 0. Once finished, probe again to ensure temperature is 82°C or more. Record the temperature. If the meal has still not reached 82°C, dispose of the meal and replace with a new one.



Holding the lip, carefully peel the film lid back keeping fingers away from escaping steam.



When all the film is removed, remove the plate liner from packaging and place onto the plate.

For finger food, place the liner onto a blue Steamplicity plate.



If the dish has a **vegetable / rice pot**, pick up the pot with the lip and tip onto the plate.



Wipe the rim of the plate with a paper towel and cover the meal with a plate cover.

Place onto the tray and serve immediately.

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