



Thank you for your purchase of our ready-to-heat meal!
Below you will find heating directions for your meal.

BUTTERNUT SQUASH COCONUT CURRY

HEATING INSTRUCTIONS:

If frozen, defrost in refrigerator overnight.

- 1. Pour contents of squash curry into a medium saucepan. Add a splash of water.*
- 2. Pour contents of daal tadka into another saucepan. Add a splash of water.*
- 3. Heat both curries over medium-high heat, stirring gently with a spatula to prevent scorching.*
- 4. Meanwhile, heat rice in microwave.*
- 5. Enjoy with coriander chutney and raita.*

ENJOY!

For food safety, all hot items should be heated to a minimum of 165 °F