



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

### **FALAFEL**

#### **HEATING INSTRUCTIONS:**

*If frozen, defrost in refrigerator overnight.*

1. Preheat oven to 375°F (350°F convection).
2. Place container of falafel, uncovered on a baking tray, then place on middle rack of oven.
3. Bake for 20 minutes.
4. Shortly before falafel is done, reheat rice in the microwave.

### **BON APPETIT!**

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