

Heating



Instructions

PRE HEAT OVEN TO 375°F

NOTE: * LOOSEN FOIL LIDS, LEAVE ON

* REMOVE PLASTIC LIDS, COVER WITH FOIL

MENU ITEMS

COOK TIME

Pasta

50-70 mins

Meats

30-45 mins

Vegetables

15-30 mins

Potatoes

30 mins

(REMOVE LID ON POTATOES ONLY)

Cod & Basa Fish

20-30 mins

Salmon

20-25 mins

Calamari

10-15 mins

Frittura Di Pesce

10-15 mins

Pesce in Umido

10-15 mins

REMOVE LID ON ALL FISH ITEMS