

Organilicious

Meals at Home

Oven Instructions:

- Preheat oven to 150°C
- Open food packaging, and replace lids loosely
- If grains are included separately, add a splash of water
- Place food in the middle region of oven
- Allow to warm up properly for 20-25min
- Enjoy your salad while patiently waiting for the food to warm up

Stovetop Instructions:

- Place each dish in its own saucepan
- If grains are included separately, add a splash of water
- Cover the pans with a suitable lids and cook on low-medium heat
- Stir frequently until hot

Microwave Instructions:

- Open food packaging, and replace lids loosely
- If grains are included separately, add a splash of water
- Cook on high heat until hot throughout (depending on the microwave this could take 1min-3min)

Instruction for Falafel boxes

Oven Instructions:

- Preheat oven to 150°C.
- Remove lids from soup and falafel.
- Replace lid loosely over soup. Leave the falafel lid off as it is plastic.
- Place food in the middle region of oven.
- Allow to warm up properly for 20-25min.
- Enjoy with your salad and hummus.

Stovetop Instructions:

- Place soup in saucepan. Cover the pan with a suitable lid and cook on low heat. Stir frequently until hot.
- Meanwhile preheat a nonstick pan. Lightly drizzle with olive oil. Heat up falafels, flipping once or twice until warmed through, making sure to not let them dry out.
- Enjoy with your salad and hummus.

Microwave Instructions:

- Remove lids soup and falafel. Take the hummus out.
- Replace lid loosely over soup.
- Cook on high heat until hot throughout (depending on the microwave this could take 1min-3min)
- Enjoy with your salad and hummus.

Don't forget to check our [daily menu](#) frequently for more delicious and nutritious homemade meals.

If you enjoyed the meal, please [leave a review](#) on the Organilicious Facebook page

