

HEAT AT HOME MEALS



**A frozen selection of our
best-selling meals**

ROOTS

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1. Middle Eastern Roasted Aubergine with black sesame rice and chickpeas (vegan, GF)
2. Black bean Enchildas: (veggie, vegan, GF options)
3. Harissa roasted veg couscous with falafel, tomato sauce & pomegranate (vegan)
4. Blackbean, butternut & sweetcorn chilli with fajita peppers & lime parsley rice (vegan, GF)
5. Homemade soup: Options will vary (vegan)
6. Roots Thali selection: take 1 x Dhal, 1 x rice, 1 x fresh Bhaji and choose 2 x additional curry's:
 - Paneer & pepper masala (veggie) /
 - Chickpea, sweet pot & spinach masala /
 - Bombay potato / Goan cauliflower & pea

MEALS: £5.50 / 4 FOR £20

THALI: £9

SOUP : £3



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Cooking instructions:

Meals

Microwave on full for 2 mins. Stir, remove lid and heat for a further 1 min 30 seconds without lid. Check if it's hot through out. Heat for a further 30 seconds if not.

Oven cook is possible. Remove the lid and place the base on a tray in the oven. Cook for 20mins at 200C. Stir part way through.

Thali

Microwave only. Heat rice for 3 mins. Make sure it is piping hot throughout before eating. Curry pots need microwaving for 4 to 5 mins with a stir after 2 mins. The lids need to be placed loosely on top.

Enchiladas

You can **microwave** them in foil but you must REMOVE LID and ensure it doesn't touch the sides. Microwave for 3 mins 30 seconds but check it half way through.

Oven baking is best for 20 mins at 200C without a lid.

Soup

Microwave for 4 mins, with the lid loosely on. Stir half way through.