

Sculpt Kitchen - Heating Instructions

Follow these guidelines for the best taste and texture.

Meal Item	Thaw (Small)	Thaw (Medium)	Thaw (Large)	Microwave (Small)	Microwave (Medium)	Microwave (Large)
Baked Chicken Breast	15 mins	15 mins	15 mins	2:30 mins	3:20 mins	4:15 mins
Chicken Kottu	10 mins	15 mins	20 mins	1:40 mins	2:20 mins	3:00 mins
Chicken Lemon Rice	10 mins	15 mins	20 mins	2:10 mins	1:30 mins	2:45 mins
Chicken Nasi Goreng	10 mins	15 mins	20 mins	3:20 mins	2:30 mins	4:15 mins
Chicken Alfredo	15 mins	22 mins	30 mins	3:20 mins	2:30 mins	4:15 mins
Chicken Pasta	15 mins	22 mins	30 mins	3:20 mins	2:30 mins	4:15 mins
Chicken Salad	15 mins	22 mins	30 mins	1:30 mins	2:10 mins	2:45 mins
Chicken Shawarma	15 mins	15 mins	15 mins	2:30 mins	3:20 mins	4:15 mins
Chicken Stew Over Rice	10 mins	15 mins	20 mins	2:30 mins	3:30 mins	4:30 mins
Creamy Boiled Egg sandwich	15 mins	15 mins	15 mins	1:30 mins	1:30 mins	1:30 mins
Creamy Chicken and Mashed potatoes	15 mins	15 mins	15 mins	4:00 mins	4:00 mins	4:00 mins
Egg Wrap	15 mins	15 mins	15 mins	2:00 mins	2:45 mins	3:30 mins
Garlic Chicken and Baked Potatoes	15 mins	15 mins	15 mins	3:00 mins	4:00 mins	5:00 mins
Grilled Chicken Burger	15 mins	15 mins	15 mins	3:00 mins	4:10 mins	5:15 mins
Kochchi Chicken Burger	15 mins	15 mins	15 mins	3:00 mins	4:10 mins	5:15 mins
Kurakkan Chicken Sandwich	15 mins	15 mins	15 mins	2:00 mins	2:00 mins	2:00 mins
Oat Pancakes	Until fully thawed	Until fully thawed	Until fully thawed	2:00 mins	2:45 mins	3:30 mins
Paneer Fried Rice	10 mins	15 mins	20 mins	2:30 mins	3:20 mins	4:15 mins
Pita Pockets	15 mins	15 mins	15 mins	3:00 mins	4:10 mins	5:15 mins
Snicker Bites (Serve chilled)	15 mins	15 mins	15 mins	No heat	No heat	No heat
Sri Lankan Chicken Over Rice	10 mins	15 mins	20 mins	2:30 mins	3:30 mins	4:30 mins
Teriyaki chicken over rice	15 mins	15 mins	15 mins	3:00 mins	3:00 mins	3:00 mins
Tofu Fried Rice	10 mins	15 mins	20 mins	2:30 mins	3:20 mins	4:15 mins
Tofu Over Rice	10 mins	15 mins	20 mins	2:30 mins	3:30 mins	4:30 mins
Vegetable scrambled eggs with bread	15 mins	15 mins	15 mins	1:30 mins	1:30 mins	1:30 mins