



## HOW TO HEAT YOUR QUICHE



### IN THE OVEN

1. Preheat your oven to 180°C.
2. Remove the plastic cover
3. Place the quiche in the centre of the oven
4. Bake for 20 to 25 minutes rotating the foil every now and again for even heating



### IN THE MICROWAVE

5. **(NOT SUITABLE FOR MICROWAVE HEATING, HOWEVER IF YOU HAVE NO OTHER WAY – REMOVE THE QUICHE FROM THE FOIL. CUT A SLICE. PLACE A SLICE OF QUICHE ON A MICROWAVE-SAFE PLATE AND WARM FOR ABOUT THREE MINUTES. IF YOUR QUICHE HASN'T REACHED THE DESIRED TEMP AFTER THREE MINUTES, HEAT IN 30 SECOND INCREMENTS TO AVOID OVERHEATING)**