

Reheating instructions for the Punjabi set menu

Rice

Place the rice in a microwaveable dish, add one spoon of water and cover with a microwaveable lid. Place in the microwave at full power for 2 mins, then stir and place back in the microwave for 1.5–2 mins or until the rice is steaming all the way through.

Heat the dal or Sabzi in a pan on a medium heat, bring to the boil, stirring so it doesn't stick and simmer for 3 minutes until it is piping hot all the way through. Add a tablespoon or two of water if needed.

OR

Place the dal or Sabzi in a microwaveable dish with a lid. Place in the microwave at Full Power for 2 mins, then stir and place back in the microwave for 2 mins, or heat until it is piping hot all the way through. Add water if needed.

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Buying this meal goes towards employing women that

may
find it difficult to look for a job, and also goes towards
hardship funding to support local families.

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Sabzi means mixed

vegetables

