

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

OR

Place the bamya or daal 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.

Thanks for supporting Ammi's Kitchen –

the AK chefs are proud to share their recipes with you.

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.

The next takeaway will be on Friday 13th February.

Sign up to our takeaway reminders to find out more and order next week!

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