

# how to *heat* your meals in the microwave

The apetito team has completed extensive research and trials to ensure the cooking times on our labels will cook your frozen food to the best temperature.

We have set our cooking times on our meal packages according to a 1000w microwave. However, you may have a higher or lower wattage microwave and the times given on our meals may not be the same for yours. There are many ways to check the wattage on your microwave if you do not know already.

- It may be at the back of the unit
- It can be on the door of the microwave, or inside the door frame
- It could show you at the very front of it
- It most certainly will tell you in the instruction booklet.

Once you know the wattage of your microwave, please use this conversion table below to match our cooking instruction times to the suggested times indicated for your microwave's wattage.

## MICROWAVE COOKING TIMES CONVERSION TABLE

Label stated cooking time (1000w)	Microwave Wattages <i>under</i> 1000w				Microwave Wattages <i>over</i> 1000w			
	600w	700w	800w	900w	1100w	1200w	1300w	1400w
<b>3:00</b>	5:00	4:18	3:45	3:20	2:44	2:30	2:18	2:08
<b>4:00</b>	6:40	5:44	5:00	4:27	3:38	3:20	3:05	2:50
<b>5:00</b>	8:20	7:10	6:15	5:33	4:33	4:10	3:51	3:33
<b>6:00</b>	10:00	8:36	7:30	6:40	5:27	5:00	4:37	4:15
<b>7:00</b>	11:40	10:02	8:45	7:47	6:22	5:50	5:23	4:58
<b>8:00</b>	13:20	11:28	10:00	8:53	7:16	6:40	6:09	5:41
<b>9:00</b>	15:00	12:54	11:15	10:00	8:11	7:30	6:55	6:23
<b>10:00</b>	16:40	14:20	12:30	11:07	9:05	8:20	7:42	7:06
<b>11:00</b>	18:20	15:46	13:45	12:13	10:00	9:10	8:28	7:48
<b>12:00</b>	20:00	17:12	15:00	13:20	10:54	10:00	9:14	8:30

All times are shown in minutes and seconds (min:sec)