



First off, **BIG THANK YOU** for supporting us! A few things before you enjoy your food;

These products are to be refrigerated/eaten within 3 days of collection/delivery.

Frozen kid's meals should be in the freezer asap, defrosted thoroughly b4 heating.

NB The plastic containers DO NOT GO IN THE OVEN

Reheating instructions:

All main courses should be reheated until piping hot either in your microwave (*ping'd*), on the stove top in a saucepan or in the oven – your choice! For best results we would personally recommend:

Mezze Box

Just drag out that picnic blanket you left near the hot water bottle under the sink and enjoy!
(Dukkah & Feta dip contain nuts. Feta dip contains yoghurt)

Mains

Ox - jus in a pot, simmer for 10-12 mins until hot, stovies on a tray in oven 180° for 15 min
Aubergine - on a tray with beans and sauce in oven 180° for 12-15 mins, ping rice until hot, sprinkle nuts on top

Seabass OR Courgette – curry and fish/courgette in a pot, simmer 10-12 mins until piping hot, ping rice until hot

Chicken – toss all ingredients together and serve cold

Cullen Skink – all in a pot, simmer for 10-12 mins until piping hot (the fillet can be warmed under grill or put in the pot, it's up to you!)

Venison - in a pot, simmer for 10-12 mins, ping mash until piping hot, sprinkle parsnip crisps on cold

Big Cow

Take your cow out of the fridge for 30 mins before cooking. When ready to cook, cover the meat in salt + pepper, get a frying pan smoking hot with a little oil, sear the steak on each side for 7 mins. Then place in a pre-heated oven at 180° for:

Rare 15-20 mins / **Med-rare** 20-25 mins / **Med** 30-35 mins / **Med-well** 35-45 mins / **Well done** 45mins-1hr

Once cooked allow 10-15 mins for the meat to rest before carving and add the veggies to the oven for 15 mins

Sauces can be pinged or warmed on stovetop until boiling. Fries see below.

Sides

Those in metal takeaway containers - remove the cardboard lid, heat in oven 180° for 20 mins

Corn & butter on tray in oven 180° for 15 mins.

Slaw to be eaten cold. Mixed greens/potatoes ping.

Fries -180° for 10-15 mins, shoogle occasionally. Brown bag included for authentic 3b experience

Kids meals

Defrost overnight in fridge before cooking (except fries)

Macaroni cheese to be microwaved (add cheese on top if required!). Sausages pan-fried for colour then placed in oven at 180 for 15-20 mins. Chicken fillets and fries oven baked at 180 for 15-20 mins

NOW!

Put your lights down too low, your music up too loud, partake in irreverent restauranty banter and enjoy your dinner!

All plastic tubs used are recyclable, recycled & reusable; Plant seeds in them! Store rice in them!

Felt tips fit in them! Please don't return any to us that didn't come from us.

Any questions regarding any of the above please get in touch, love Three Birds xxx

PLEASE POST PICS ON SOCIAL MEDIA OR SEND TO US AND WE WILL!!!!

My mobile is 07780661902 - text if you need anything!!!!