



燉煮加熱法

Recommended Simmering Heating Method

解凍後，不用拆除真空袋，放入煮沸至60°C 的開水浸10-15分鐘，即可食用 Place thawed lazy pack (Do not remove foodsaver bag) in 60°C boiling water for 10-15 minutes, serve.



氣炸鍋加熱法

Air fryer Heating Method

不用解凍，將急凍食品直接放入氣炸鍋，以300°F氣炸12分鐘即可享用。

*不同品牌的氣炸鍋性能可能有差別

Take out frozen food from the pack, place frozen food in the air fryer basket, Air fry for 12 minutes at 300°F. Serve.

*Performance may be vary on different brand of Air Fryer

微波爐加熱法

Microwave Heating Method

解凍後，將真空袋角剪取一角，放入微波爐750w微波加熱約3-5分鐘

Ensure to cut a small hole at the corner Place into the microwave for about 3-5 minutes, serve.

*Performance may be vary on different brand of Mircrowave.



關於lazy pack

休閒懶人包-專為生活忙碌的你而設，將烹調好的食品，真空包裝並急凍儲存。只需加熱即可食用。在家中可即時享受美食，多款菜式任君選擇。另外亦提供氣炸懶人包及凍肉懶人包，自己在家烹調亦樂趣無窮！

Tasty Choice懶人包-簡單，方便，美味！

休閒懶人包的FoodSaver®真空食物袋為5層聚乙烯製成，包括尼龍外層。尼龍層不僅使袋結實，可以隔絕空氣及水分，亦可以在低於99°C水中加熱(simmer)或用微波爐加熱。通過加拿大衛生安全局認證。而普通塑料袋通常只有1層聚乙烯製成，聚乙烯熔點通常在120至180°C的範圍內。休閒懶人包用的真空食物袋亦不含有害化工原料BPA(酚甲烷/雙酚A)。只要遵守加拿大衛生安全局的真空袋食物低於沸點的加熱建議，大家就可以安心食用。

About Lazy Pack

We use FoodSaver® Bags for our Frozen Instant Pack, it can be simmered in water (for sous vide cooking) or microwaved. Made out of multiple layers of polyethylene with an outer barrier of nylon for top-of-the-line strength, flexibility and durability. The materials create the perfect seal to lock out moisture and air and ensure freshness. For common commercial grades of medium- and high-density polyethylene the melting point is typically in the range 120 to 180 °C (248 to 356 °F). The materials are completely BPA-free.

請務必在微波爐及冰箱解凍食物- 請勿在室溫下解凍易腐食物

Defrost Lazy Pack in microwave or in fridge only

Cooking time may vary. Individual appliances vary.

Tasty Choice
懶人包



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