



Gluten Free Fettuccine Nests

Handling & Cooking Instructions

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KEEP FROZEN. COOK THOROUGHLY. For food safety and quality, product must be cooked to an internal temperature of 165°F. Cooking time may vary based on equipment and quantity cooked in equipment. Check for doneness using thermometer.

Microwave Oven: (Based on about 3 nests)

(Validated with an 1800 watt Microwave Oven)

PREP

1. Remove Fettuccine from plastic bag and place in a microwave safe dish
2. Place 1 oz. of water in the dish with Fettuccine and cover with plastic wrap
 - a. (If using a sauce, use 3 oz. sauce and 1 oz. water)

HEAT

3. Microwave on high for:
 - a. Using Water – 1 minute
 - b. Using Sauce – 1 ½ minutes

SERVE

4. Stir with sauce or Extra Virgin Olive Oil and Parmesan cheese

Stovetop:

PREP

1. Bring 6 quarts of water to a boil.
2. Remove Fettuccine Nests from plastic bag and place in boiling water

HEAT

3. Boil for 45 seconds
4. Carefully remove Fettuccine from water

SERVE

5. Place the Fettuccine on a plate and stir with sauce or Olive Oil and Parmesan Cheese