

# How to Cook a Prepared Chicken Cutlet Parmesan Tray

Step-by-Step Instructions for Heating and Serving

## Oven Heating Instructions

1. Preheat your oven: Set your oven to 375°F (190°C).
2. Prepare the tray: If the tray is not oven-safe, transfer the contents to a suitable oven-safe dish.
3. Cover with foil: Loosely cover the tray with aluminum foil to prevent the cheese from over-browning or burning.
4. Bake:
5. For refrigerated trays: Bake for 25-35 minutes, or until the center is hot and the cheese is melted and bubbly.
6. For frozen trays: Bake for 50-60 minutes. If possible, let the tray thaw in the refrigerator overnight to reduce baking time.
7. Check temperature: Use a food thermometer to make sure the internal temperature reaches at least 165°F (74°C).
8. Uncover and finish: Remove the foil for the last 5-10 minutes of baking to allow the cheese to brown, if desired.
9. Remove and serve: Carefully take the tray out of the oven using oven mitts. Let it rest for a few minutes before serving.

## Microwave Heating Instructions (If Oven Is Not Available)

1. Transfer a portion to a microwave-safe plate.
2. Cover with a microwave-safe lid or plastic wrap (leave a small vent).
3. Heat on high in 2-minute intervals, checking and stirring between intervals, until hot throughout (total time varies depending on portion size; usually 4-6 minutes per serving).
4. Ensure the temperature reaches 165°F (74°C) before serving.

## Safety Tips

- Always check that the chicken is heated thoroughly to avoid foodborne illness.
- Do not refreeze the tray once it has been cooked and reheated.

Enjoy your Chicken Cutlet Parmesan tray hot and fresh from the oven!

