

Food You can Heat[®] with InstaHot

The Flameless Food Heater

Ready To Eat (RTE)

Ready to eat food is pre-cooked food available in retort (aluminized and non-aluminised) pouches.

Place the RTE food packet inside the InstaHot pouch



Pour water (approx. 70ml) upto the mark and follow instructions.



Subzi / Vegetable

Aloo Mutter
Bhindi Masala
Mutter Paneer
Misal Rassa
Navratan Korma
Palak Paneer
Rajma Masala
Punjabi Chhole
Paneer Butter Masala
Pav Bhaji

Jain Varieties

Dal Makhani
Paneer Tikka Masala

Dal

Dal Fry
Dhansak
Dal Makahani
Kaju Curry
Kadhi Pakora

Sweets

Suji Halwa
Nawabi Kaju Halwa

No-Veg

Chicken Chettinad
Murgh Methi
Malabari Chicken

No Garlic No Onion

Dal Makahani
Paneer Tikka Masala
Veg. Biryani
Pau Bhaji

Parathas

Methi Paratha
Plain Paratha
Masala Paratha
Ajwain Paratha

Rice

Veg. Biryani
Bisibelebhath
Rajma Chawal
Pongal
Masala Rice

Moong Dal Sheera
Petha Halwa & many more

Dehydrated/Ready to cook

Dehydrated food is dried food which require boiling water for cooking. Dehydrated food can be cooked in InstaHot by following the below instructions.

Empty contents of food pouch in food-grade zipper bag and pour required quantity of water



No boiling water



Press & seal the zipper bag & insert it in InstaHot bag and follow instructions

Meals

Pulav Kadhi Mix
Khichdi Kadhi Mix
Daal Bhat
Pav Bhaji
Paneer Bhurji
Kadhi Chawal
Daal Makhani
Daal Chawal
Dal Fry
Palak Paneer
Sambar Rice
Matar Pulao
Chinese Fried Rice
Veg. Biryani

Sweets

Sevian Kheer
Kesari Halwa
Moong Dal Halwa

Breakfast

Poha
Oats
Upma
Idli Sambar
Maggi

Beverages

Tea
Coffee
Soups

Jain

Pau Bhaji
Paneer Bhurji
& many more

Frozen

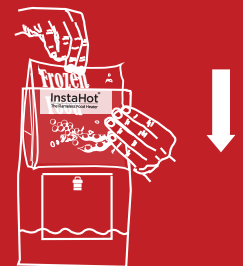
Frozen food are of two types one completely cooked and another partially cooked. Only completely cooked food can be heated with InstaHot. Food which require processes like frying (French fries, tiki etc) cannot be made using InstaHot.

Parathas
Naans

Different types of Subzi



Defrost the frozen food at room temperature.



Now Insert the food packet in InstaHot bag and follow instructions

Food Brands

Ready To Eat (RTE)

Ashirwad
Big Meal
Fazlani
Gits
Haldiram's
Haldiram's Nagpur
Kitchens of India
MTR
Tasty Bites
& many more

Dehydrated

MTR
Freshway
Kellogs
Suhana
Saffola
Girnar
Nestle
Tetley
Ching's
Wagh Bakri
& many more

Frozen

Deep foods
Haldiram's
Sumeru
Vadilal
& many more

Food available at



Offline

- All major retail chains
- D-Mart
- Reliance Smart
- Big Bazaar
- Hypercity

Online

- Grofers
- Big Basket
- Amazon.in
- Websites of Food manufacturers



Can heat your
home cooked food*



Frozen



Dehydrated



InstaHot®
The Flameless Food Heater



You can
heat and eat
food from all the above brands

* InstaHot recommends the user to use a microwave safe zipper bag for heating/cooking dehydrated & home cooked food.