



Meal Subscription Heating Instructions

Late Winter: Week 5 of 10

ENTREES

AMISH FRIED CHICKEN	Keep frozen. Preheat oven to 350 degrees. Remove lid and place on a sheet tray. Bake for 40-45 minutes.
ASIAN BEEF AND BROCCOLI	Keep frozen. Preheat oven to 350 degrees. Remove the lid. Cover with foil (optional). Place on sheet tray and bake for 35 minutes.
BRAISED PORK IN SALSA VERDE	Keep frozen. Preheat oven to 350 degrees. Remove the lid. Cover with foil (optional). Place on sheet tray and bake for 35 minutes.
LOBSTER SAFFRON RISOTTO	Thaw. Heat stock (middle container) in a large pan. Add risotto and heat for 5-8 minutes.
SOUTHWESTERN STYLE STUFFED PEPPER (V)	Keep frozen. Preheat oven to 325 degrees. Cover with foil to lock in moisture. Bake for 35 minutes.
PRIMAVERA RAVIOLI WITH WHITE WINE SAUCE (V)	Bring 6 cups of water to a boil. Add pasta and cook for 10 minutes. Drain. In sauté pan, heat sauce over medium heat. Toss drained pasta with sauce.

SIDES

CHICKEN TORTILLA SOUP	Thaw. Pour into medium sauce pan and heat over medium temperature. Stir occasionally.
CREAMY DILL POTATO SALAD	Ready to serve. Enjoy!
ROASTED GARLIC CAULIFLOWER	Preheat oven to 350 degrees. Remove lid, place on sheet tray. Bake for 20 minutes.
CARAMELIZED GINGER CARROTS	Preheat oven to 350 degrees. Remove lid, place on sheet tray. Bake for 20 minutes.
BASMATI RICE MEDLEY	Keep frozen. Preheat oven to 350 degrees. Remove the lid. Cover with foil (optional). Place on sheet tray and bake for 30-35 minutes.
FRESH ORGANIC FRUIT.	Wash and enjoy!
GINGER PEAR PIE	Thaw for 40-45 minutes. Warm in the microwave for 30 seconds (optional).