



Subscriber Meal Heating Instructions

December 2019 | *Week 2 of 2* | December 13th – 15th

PLEASE NOTE: ALL FROZEN ITEMS SHOULD BE THAWED BEFORE COOKING FOR BEST RESULTS.

ENTREES

COCONUT CURRY CHICKEN	Store in freezer. Preheat oven to 350 degrees. Remove plastic lid and place container on a sheet tray. Bake for 35 minutes.
IRISH LAMB STEW	Store in freezer. Preheat oven to 350 degrees. Remove plastic lid and cover with foil (optional). Place container on a sheet tray. Bake for 35 minutes.
PARMESAN-CRUSTED TILAPIA WITH LEMON CAPER SAUCE	Store in freezer. Preheat oven to 350 degrees. Remove plastic lid and place container on a sheet tray. Bake for 30-40 minutes, or until hot through center. Serve with Lemon Caper Sauce.
MUSHROOM, GORGONZOLA, & CARMELIZED ONION HAND PIES	Store in freezer. Preheat oven to 350 degrees. Remove plastic lid and place container on a sheet tray. Bake for 30 minutes. Serve with Pico de Gallo.
ROASTED KALE & CHEESE POLENTA CAKES WITH PICO DE GALLO	Store in freezer. Preheat oven to 300 degrees. Place hand pies on a sheet tray. Wrap in foil (optional). Bake for 35 minutes if still frozen; 10-15 minutes if thawed first.

SIDES

VEGETABLE LENTIL SOUP	Thaw first. Heat soup in saucepan for 5-10 minutes, stirring occasionally. Add water or stock if desired. You can also heat this from frozen in your microwave – vent the lid, and start with 10 minutes at 50% power.
MIXED GREEN SALAD WITH RASPBERRY VINAIGRETTE	Toss with vinaigrette & enjoy!
LEMON PEPPER ROASTED YUKON POTATOES	Store in freezer. Preheat oven to 350 degrees. Remove plastic lid and place container on a sheet tray. Bake for 30 minutes.
BALSAMIC BRUSSELS SPROUTS	Preheat oven to 325 degrees. Remove plastic lid and place container on a sheet tray. Bake for 20 minutes.
ORECCHIETTE WITH GARLIC BROCCOLI RABE	Preheat oven to 325 degrees. Remove plastic lid and place container on a sheet tray. Bake for 35-40 minutes.
RED WINE & POACHED PEAR STREUSEL PIE	Let thaw & enjoy! Serve slightly warmed with a scoop of your favorite ice cream for extra deliciousness.

**HOLIDAY ORDER FORM NOW AVAILABLE IN STORES AND ONLINE!
LET US HELP MAKE THE END OF YOUR YEAR A LITTLE SWEETER.**