# Subscriber Meal Heating Instructions

**Early Summer 2020 | Week 2 of 5 June 5-7**

## ENTREES

**AMISH CHICKEN TIKKI MASALA**
Keep frozen. Preheat oven to 350 degrees, remove lid and place chicken on a sheet tray. Bake for 35 minutes.

**GRILLED FLANK STEAK WITH CARMELIZED ONIONS**
Preheat oven to 350 degrees. Remove plastic lid and place container on a sheet tray. Cover with foil and bake for 35 minutes.

**SMOKED SALMON CAKES WITH MANGO SALSA**
Defrost, add oil to a pan and heat on medium. Cook cake 2-3 minutes on each side. Or cook in oven 350 for 20 minutes. Top with fresh salsa.

**CHEESE PIEROGIS WITH MUSHROOM RAGOUT**
Defrost. Preheat oven to 350°, remove lid, place on a sheet tray and bake for 30 minutes.

**SWEET POTATO GRAIN BOWL**
Ready to eat!

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## SIDES

**VEGETABLE MINESTRONE SOUP**
Thaw first. Heat soup in saucepan for 5-7 minutes, stirring occasionally. Add water or stock to thin if desired. You can also heat this from frozen in your microwave – vent the lid, and start with 10 minutes at 50% power.

**ROASTED BEET SALAD WITH TARRAGON VINAIGRETTE**
Mix well and enjoy.

**FRESH GARLIC MASHED POTATOES**
Keep frozen. Preheat oven to 325 degrees. Remove plastic lid and place container on a sheet tray. Bake for 15 minutes.

**LEMON RICE WITH DILL**
Keep frozen. Preheat oven to 325°. Remove lid & place on a sheet tray; bake for 15 minutes.

**FARM FRESH VEGETABLE**
Boil water add a pinch of salt. Cut the ends of the asparagus and dump in the water for 2-3 minutes, drain. In a saucepan heat the sundried tomato butter. Toss asparagus for 2 minutes.

**BLUEBERRY MINT PIE**
Thaw and eat!

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