



Reheating Instructions

Large eco brown boxes: both oven and microwave safe.

Eco boxes with clear lids: bottom tray is both oven and microwave safe, clear lid will melt with heat.

Deli containers are microwave safe.

MAINS

Frenched Chicken Breast – Place box in the oven at 350°F for 6-8 minutes or microwave for 2-3 minutes. If individual serving, clear lid is not oven or microwave safe. If serving with pan sauce, add sauce to the chicken for the last 1-2 minutes of cooking in oven and 30 seconds for microwave. If serving with romesco sauce, add just before eating.

Roasted Half/Whole Chicken – Place box in the oven at 350°F for 15-20 minutes or microwave for 2-4 min. If individual serving, clear lid is not oven or microwave safe.

Braised Beef Pot Roast – Place box in the oven at 250°F and reheat for 30-45 min or microwave for 4-5 min. If individual serving, clear lid is not oven or microwave safe.

Seared Salmon – Place box in the oven at 300°F and reheat for 6-8 minutes or microwave for 2-3 minutes. If individual serving, clear lid is not oven or microwave safe. Serve topped with chimichurri sauce if it is not rubbed with mustard sauce.

Stuffed Eggplant – Place box in the oven at 250°F and reheat for 15-20 minutes, or microwave for 2-3 min. If individual serving, clear lid is not oven or microwave safe.

Wagyu Flank Steak – Heat oven to 400°F and place on a sheet tray in center of oven. For 2# portion: 15 minutes to medium and 20 minutes to medium-well. For 6oz portion: 5 minutes to medium and 7 minutes to medium-well. Serve drizzled with balsamic reduction sauce.

Beef Kofta – Place box in the oven at 350°F for 8-10 minutes or microwave 3-4 minutes until heated through. Serve with yogurt and tahini sauces. If individual serving, clear lid is not oven or microwave safe.



Tempeh Kofta – Place box in the oven at 350°F for 8-10 minutes or microwave 3-4 minutes until heated through. Serve with yogurt and tahini sauces. If individual serving, clear lid is not oven or microwave safe.

Adobo Spiced Tofu – Place box in the oven at 350°F for 8-10 minutes or microwave 3-4 minutes until heated through. Serve with yogurt and tahini sauces. If individual serving, clear lid is not oven or microwave safe.

Lamb Rack – Remove from refrigerator 30 minutes before eating it. Cook in a 400 degree oven for 6-8 minutes for medium rare.

SIDES

Carolina Rice – Remove lid from container, add a small amount of water or butter and place in microwave for 1-2 minutes, check and stir for even heat.

Fingerling Potatoes – Transfer to an oven safe container and cook at 300°F for 6-8 minutes or remove lid and microwave for 2-3 minutes.

Roasted Baby Carrots – Transfer to an oven safe container and cook at 250°F for 8-10 minutes or remove lid from container and microwave for 1-2 minutes. Add tahini sauce when serving

Caramelized Broccoli – Transfer to an oven safe container and cook at 250°F for 8-10 minutes or remove lid from container and place in the microwave for 1-2 minutes.

Root Vegetable Cake – Remove lid from container and place in a 300°F for 8-10 minutes or microwave for 2-3 minutes.

Smoked Cauliflower – Transfer to an oven safe container and cook at 250°F for 5-6 minutes or remove lid from container and place in the microwave for 1-2 minutes or until hot. Serve with Aji-Dulce BBQ sauce.

Mac & Cheese – Place container in a 300°F oven for 8 to 10 minutes until heated through. If microwaving, transfer to a different container.