



### 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 10-12 minutes or microwave for 3-4 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 20-25 minutes or microwave for 5-6 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 Bell Peppers** – Place box in the oven at 350°F and reheat for 10-15 minutes, or microwave for 5-8 min. If individual serving, clear lid is not oven or microwave safe. \*Please note, peppers may vary in size. Please adjust to desired doneness.

**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: 5-7 minutes to medium and 7-12 minutes to medium-well. \*Please note, if your individual portion of steak is thicker than usual (a cut about ½” or more) if could



take up to 15 minutes to heat to medium. Drizzle with the balsamic reduction sauce when serving.

**Tempeh**– 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.

### **Braised Brisket**

If sauce container is in brisket box, please remove and pour onto brisket before placing in oven. Place the oven safe container in the oven at 300°F degrees and reheat 25-35 minutes until food is hot or place in a microwave friendly container for 3-5 minutes.

### **Wild Bass**

Place the oven safe container in the oven at 350°F (make sure the skin-side is facing up) and cook for 12-15 minutes or until fully cooked through. The sides will begin to flake and become opaque; the fish will feel slightly firm. Remove and place the slice of butter on top to melt while the fish cools slightly.

### **Pork Loin**

Place the oven safe container in the oven at 350°F for 8-10 minutes, until warmed through. Slice and serve with sauce spooned over top.

### **Bowls (Rio, South End, Oaxacan Mole and Specials)**

Drizzle in about ¼ cup of water to bowl (to rehydrate the rice). Cover with aluminum foil and place container bottom in oven at 350°F for 10-12 minutes. Top with chilled sauces if accompanied. For the brisket special- remove pickled vegetables before reheating and then place back in.



### **Mediterranean Grouper Special**

Remove lid from container or transfer Grouper to an oven safe pan, place in preheated oven and cook Grouper for 12-15 minutes at 350 degrees.

**Brisket Chili Special** – Place box in the oven at 250°F and reheat for 30-45 min or microwave for 4-5 min.

### **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 350°F for 8-10 minutes or remove lid and microwave for 2-3 minutes.

**Spiced Local Carrots** – Transfer to an oven safe container and cook in a 300°F oven to reheat for 8-10 minutes or remove lid from container and place in the microwave for 1-2 minutes.

**Roasted Cauliflower** – 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.

**Roasted 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 325°F for 8-10 minutes or microwave for 2-3 minutes.

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

**Brussels Sprouts** – Transfer to an oven safe container and cook in a 350°F oven to reheat for 12-15 minutes if adding crispy prosciutto, sprinkle it on for the last 2 minutes of cooking



**Mashed Local Sweet Potatoes** - Transfer to a pot and cook on the stovetop on low for 15-20 minutes, stirring with a spatula to keep from scorching.