



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

Grilled Chicken – Place box in the oven at 350°F for 10-12 minutes or microwave for 3-4 minutes.

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.

Seared Corvina – 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 tomato chimichurri 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.



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

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.

Pork Loin – Place the oven safe container in the oven at 350°F for 8-10 minutes, until warmed through. 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.

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.

Grilled Squash – 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.

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