



December  
Cooking Instructions  
For Entrees & Sides

**Sweet & Sour Meatballs w/Pineapple Rice**

IF FROZEN THAW.

1. Prepare Pineapple Rice according to instructions.
2. With 15 minutes remaining on rice, place a skillet on stove over medium-high heat. Once hot, add 1 tsp of oil and meatballs. Move around the pan to cook evenly.
3. Once brown (about 5 minutes) turn the heat down to low and add the bag of pineapple, sauce, and peppers. Cook another 8 minutes, stirring often.
4. Serve the meatballs on bed of Pineapple Rice.

Hands-on: 15 minutes/Total 30 minutes

**Fettuccine & Italian Sausage in Fennel Cream Sauce w/ Breadsticks**

IF FROZEN, THAW. Prepare fettuccine and breadsticks according to instructions. Place a large skillet on the stove over medium high heat. Once hot add 2 tsp of oil and add the contents of the sausage/onion bag. Move them around the pan as they begin to brown (4 minutes) then add the contents of the sauce bag, stirring it in. Bring nearly to a boil, reduce heat to medium-low, let simmer, stirring occasionally for 6-8 minutes or until sauce has thickened. DO NOT BOIL. Add the cooked, drained fettuccine to the pan, toss lightly until well mixed, and remove from heat. Transfer to a large serving platter, top with the parmesan cheese and serve with breadsticks. Hands-on: 10 minutes/Total: 20 minutes

**Kalbi Meatloaf w/ Coconut Rice**

IF FROZEN, THAW.

1. Pre-heat oven to 350°.
2. In a bowl, combine ground chuck, bag of egg and seasoning mixture, and bag of breadcrumbs. Use hands to combine all ingredients evenly.
3. Place into a sprayed loaf pan (or form loaf on a sprayed sheet pan). Bake for 1 hour.
4. Remove loaf from oven and pour kalbi sauce from portion cup on top. Return to oven until the loaf reaches an internal temperature of 155° (10 to 20 minutes depending on size).
5. With 20 minutes remaining on loaf, prepare Coconut Rice according to instructions.
6. Let loaf rest 5-10 minutes before slicing and serve along side rice.

Hands-on: 5 minutes/Total: 80 minutes



## **Italian Meatball Lasagna**

IF FROZEN THAW.

1. Pre-heat your oven to 400°. Once hot, bake covered for 45 minutes.
2. Remove lid and continue to cook until lasagna reaches an internal temperature of 165° (another 10-30 minutes depending on meal size).
3. Prepare Breadsticks according to instructions.
4. Let Lasagna rest for 5 minutes before serving.

Hands-on: 1 minute/Total: 60 minutes

## **Turkey Pot Pie**

THAW. Pre-heat oven to 350°. Remove lid from your pot pie. Cut four 1" slits into the top of the crust with a small knife (3 inches in from each corner). Replace the lid and place the pot pie into your pre-heated oven and bake for 20 minutes. Remove the lid and bake an additional 10-40 minutes (depending on meal size) or until the crust is golden brown. Internal temperature should reach at least 165°. If the crust gets brown before the pie is done loosely cover with foil until it reaches doneness. Prepare Dinner Rolls according to instructions. Let rest 5 minutes before serving with rolls. Hands-on: 2 minutes/Total: 65 minutes

## **White Bean Chicken Chili w/ Artisan Rolls**

IF FROZEN, THAW.

1. Place the chili mix into a Dutch oven or saucepan. Add water (1 cup for 2-serv, 2 cups for 4-serv, 3 cups for 6-serv) and stir well to combine the ingredients.
2. Place on the stove over medium-high heat and bring nearly to a boil (190°), stirring occasionally. DO NOT BOIL.
3. Reduce the heat to low, cover the pan and let simmer for 30 minutes. Stir occasionally.
4. With 15 minutes remaining, add bag of chicken and stir in.
5. Prepare Artisan Rolls according to instructions.
6. Once done, remove from heat, stir in the cheese and let sit 5 minutes before serving with Rolls. Hands-on: 5 minutes/Total: 40 minutes



## **Beef Stroganoff w/ Egg Noodles**

IF FROZEN THAW.

1. Place a skillet on the stove over medium-high heat. Once hot, add 1 Tbsp of oil and the sliced beef. Spread beef around and stir-fry as it cooks. Cook until it begins to brown (about 5 minutes).
  2. Skim off any liquid that has accumulated in the pan. Add the sauce and vegetables to the pan. Mix well and bring nearly to a boil (mixture must reach a temperature of 145°). DO NOT BOIL.
  3. Reduce the heat to medium-low and cover. Let simmer for 20 minutes, stirring occasionally.
  4. With 15 minutes to go, prepare Egg Noodles according to instructions. Place the drained noodles on a large platter and pour the stroganoff mix over and serve.
- Hands-on: 15/Total: 35 minutes

## **Dijon Flat Iron Steaks w/ Sauce Robert & Oven Roasted Vegetables**

IF FROZEN, THAW.

1. Pre-heat oven to 350°.
2. Prepare Oven Roasted Vegetables according to instructions.
3. Place a skillet over medium-high heat and once hot add 1 Tbsp of oil. Sear steaks for 2 minutes per side – DISCARD MARINADE.
4. Place in sprayed baking dish and into oven. Cook until the steaks reaches desired doneness (130° for medium-rare), about 6-12 minutes.
5. Warm sauce over medium heat. DO NOT BOIL.
6. Remove steaks when finished and let rest for 5 minutes. Top each with sauce and serve with vegetables.

\*Note: You may also grill your steaks over medium high heat for 4-6 minutes per side.

Hands-on: 10 minutes/Total: 25 minutes

## **Baked Chicken Katsu w/ Japanese Nikko Rice**

IF FROZEN THAW. REMEMBER TO THAW SAUCE.

1. Prepare Japanese Nikko Rice according to instructions.
2. Pre-heat your oven to 400°.
3. Remove lid from baking dish and place the pan into your hot oven for 20 minutes, remove from oven and turn pieces over and bake for 10-15 min more until golden brown or until the breasts are done (internal temperature of 165°).
4. Remove from oven and place on cutting board. Slice chicken crosswise in 1 inch pieces.
5. Place on platter, drizzle Tonkatsu Sauce over chicken, and serve with Japanese Nikko Rice.

Hands-on: 5 minutes/Total: 35 minutes



## **Chicken Florentine w/ Garlic Baby Bakers**

IF FROZEN THAW.

1. Pre-heat oven to 350°. Remove the lid from baking dish and place into hot oven.
2. Prepare Potatoes according to instructions.
3. After chicken has baked for 20 minutes, remove from the oven and top each breast with an equal amount of Florentine Topping and Panko cheese blend. Return to the oven until the topping begins to brown and chicken reaches an internal temperature of 160° (about 10-15 minutes).
4. Remove from oven and let rest for 5 minutes. Serve with Baby Baked Potatoes.  
Hands-on: 10 minutes/Total: 35minutes

## **Greek Chicken w/ Kalamata Olive Pasta**

IF FROZEN, THAW.

1. Prepare Kalamata Olive Pasta according to instructions.
2. Preheat oven to 350°. Place a skillet over medium-high heat. Once hot, add 2 tsp of oil and chicken- DISCARD MARINADE. Sear each side for 2 minutes. Place into a sprayed baking dish and into oven.
3. Bake until chicken reaches an internal temperature of 165° (8-10 minutes).
4. Let rest 5 minutes before serving with pasta.  
Hands-on: 15 minutes/Total: 20 minutes

## **Margarita Chicken w/ Fiesta Rice**

THAW. Prepare Fiesta Rice according to instructions. Pre-heat oven to 350°. Remove chicken from bag and DISCARD MARINADE. Place skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and sear chicken breasts for 2 minutes on each side. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (8-10 minutes). While they bake, place a sauce pan over medium-high heat and add the contents of sauce bag. Stir constantly until sauce reaches a near boil (190°). Reduce the heat to medium-low and stir until sauce thickens (4 minutes) then remove from heat. Let chicken rest 5 minutes before topping with sauce and serving with rice. Hands-on: 10 minutes/Total: 30 minutes



### **Pork Tenderloin & Stone Ground Mustard Sauce w/ Sauteed Green Beans**

THAW. Pre-heat oven to 350°. Prepare sauteed green beans according to instructions. Remove the pork tenderloin from bag - DISCARD MARINADE. Place a skillet over medium-high heat and once hot, add 2 tsp oil. Add tenderloin and sear all sides and ends for 2 minutes each. Place into non-stick sprayed oven pan and into hot oven. Roast until pork reaches an internal temperature of 155° (15-20 minutes). While pork finishes, warm mustard sauce in a saucepan over medium heat. Let pork rest 5 minutes before slicing, topping with sauce and serving with beans. Hands-on: 10 minutes/Total: 35 minutes

### **Pork Chops w/ Honey BBQ Sauce and Garlic Mashed Potatoes**

IF FROZEN, THAW. Pre-heat oven to 350°. Remove the pork chops from their marinade. DISCARD MARINADE. Place a skillet on stove over medium-high heat. Once hot, add 2 Tbsp of oil, swirl and place the chops in the pan to sear. Sear each side for 2 minutes. Remove from heat and place on oven-proof pan and into hot oven. Begin preparing your garlic mashed potatoes according to instructions. Let the chops bake for 5 minutes, remove from oven and evenly distribute the BBQ glaze from the portion cup on each chop. Place back in oven and cook until they reach an internal temperature of 150° (approx. 5 mins more). Remove from oven and let the chops sit for 3 minutes before serving. Serve the chops with the garlic mashed potatoes. Hands-on: 15 minutes/Total: 25 minutes.

### **Build Your Own Calzone**

IF FROZEN, THAW. Be careful not to let sit out too long, as the yeast in the dough will activate!

1. Pre-heat your oven to 350°.
2. Once hot, remove calzone from pan and place on a sheet pan and into hot oven. Bake uncovered for 25 to 35 minutes or until crust is brown. Hands-on: 1 minute/Total: 35 minutes

### **Sole & Pesto Shrimp in Lemon Cream Sauce w/ Vegetable Sauté**

IF FROZEN, THAW. Place sauce into a saucepan, stir well and put on stove over medium heat. Stir often and reduce heat to low after 8 minutes. Take the bag of flour and spread on a plate. GENTLY remove the sole from bag and dry with paper towel. One at a time, place each fillet into the flour, dusting both sides. Place a large skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil, swirl and carefully lay the sole into the pan to cook. Cook each side for 3 minutes and remove from heat. Prepare Vegetable Sauté according to instructions. Drain shrimp and heat for 1 minute in the microwave. Mix shrimp with pesto and top sole with shrimp, drape with sauce and serve along side vegetables. Hands-on: 15 minutes/Total: 20 minutes



## **Phad Thai Chicken**

IF FROZEN THAW.

1. Remove rice noodles from bag, place in a large bowl with hot tap water to cover noodles, let soak for 15-20 minutes, then drain.
2. Place a large skillet over medium-high heat. Once hot, add 3 Tbsp of oil, swirl around and add chicken. Spread them out to cook evenly. Stir fry the chicken as it browns for 5 minutes.
3. Stir in the bag of sauce mix, bringing it to a boil then turn down the heat to low and let simmer for 5 minutes.
4. Mix in the contents of the vegetable bag and then carefully add the noodles to the pan. Stir the mixture from the bottom of the pan to coat and mix in the noodles. Cook for about 10 minutes, stirring constantly.
5. Place on a large platter and garnish with the chopped peanuts. Hands-on: 15 minutes/Total: 30 minutes

## **Thai Chicken Satay w/ Bangkok Peanut Sauce & Jasmine Rice**

\*THIS MEAL CONTAINS PEANUTS\* THAW. Prepare Jasmine Rice according to instructions. Soak skewers in water for 15 minutes before proceeding. Preheat oven to 400°. Skewer one piece of chicken on each skewer, placing them on a non-stick sprayed oven-proof pan (try to keep chicken from touching). Place the pan into the hot oven and bake until chicken reaches an internal temperature of 165° (8-10 minutes). If you want the peanut sauce warmed-up you can do that on the stove top in a small pan over low heat, heating slowly. Serve skewers with peanut sauce over Jasmine Rice. Hands-on: 20 minutes/Total: 30 minutes

## **Kalbi Chicken & Swiss Burger w/ Baked Sweet Potato Fries**

IF FROZEN THAW

1. Prepare Sweet Potato Fries according instructions.
2. Set BBQ to medium-high heat. Remove chicken from bag, DISCARD MARINADE, spray with non-stick & place on grill shiny side down. Careful to prevent flare ups. Grill for 4 mins, turn over and cook until it reaches a temperature of 165° (about 4 more mins).
3. While chicken is finishing, place pineapple slices on grill & cook for 3 mins per side.
4. Top chicken with pineapple & cheese. Cook until cheese is melted.
5. Serve on toasted bun with Kalbi-Mayo along side sweet potato fries. NOTE: You may pan sear your chicken for 2 minutes and finish in a 350° oven for 8-10 mins. Hands-on: 10 mins/Total: 30 mins



## Side dish cooking instructions

### **Egg Noodles**

Fill a pot with 2-3 quarts of water (depending on serving size) and 1 tsp of salt, and place on stove over high heat to bring to a boil. Add noodles and cook for 10-12 minutes stirring regularly. When noodles are done, remove from stove and drain.

### **Artisan Dinner Rolls**

KEEP FROZEN! Pre-heat oven to 350°. Place dinner rolls onto a sheet pan and into hot oven. Bake for 8-10 minutes. Serve immediately.

### **Sautéed Green Beans**

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add the butter from the portion cup and swirl around pan and add bag of onions, bacon and garlic. Stir fry for 3 minutes. Add green beans and stir fry an additional 5 minutes. Salt and pepper to taste and serve.

### **Fiesta Rice**

Cover rice and corn mixture with water (1 cup for 2-servings, 2 cups for 3&4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

### **Breadsticks**

Pre-heat oven to 350°. Place breadsticks onto a sheet pan & into hot oven. Bake for 6-8 mins. Serve immediately. **Optional:** Brush with olive oil (or melted butter) and sprinkle with garlic powder or garlic salt before baking.

### **Sweet Potato Fries**

Place the fries on a no-stick sprayed sheet pan into a hot 350° oven for 20 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Season with salt and pepper and serve immediately.



### **Coconut Rice**

Cover rice with water (1½ cups for 3 serving, 2¼ cups for 6 serving) and bag of coconut milk and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 min for 2-servings, 20 min for 4 and 25 min for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

### **Fettuccine**

Fill a pot with 2-3 quarts of water (depending on serving size) and 1 tsp of salt, and place on stove over high heat to bring to a boil. Add noodles and cook for 10-12 minutes stirring regularly. When noodles are done, remove from stove and drain.

### **Garlic Mashed Potatoes**

**Microwave:** Place potatoes into a baking dish. Cover and cook on high for 5 minutes. Remove from microwave and stir. Cook in 2 minute intervals until potatoes are hot and thick.

**Oven:** Pre-heat oven to 350 degrees. Place potatoes in an oven-proof sprayed baking dish. Do not cover. Bake for 20-30 minutes. Remove from oven and stir. Continue to cook until hot and thick.

### **Garlic-Buttered Baby Bakers**

THAW. Place a skillet over medium-high heat. Once hot add 2 tsp of oil and bag of potatoes. Sauté for 10 minutes. Add portion cup of garlic and butter and cook another 2 minutes or until potatoes are cooked through. Serve immediately.

### **Japanese Nikko Rice**

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Serve alongside the Chicken Katsu.



### **Jasmine Rice**

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

### **Kalamata Olive Penne Pasta**

KEEP FROZEN. Place contents of pasta bag into a bowl. Add enough hot water to cover pasta, let soak for 5 mins. Drain into colander. In a sauce pan over medium high add contents of olive & seasoning bag to pan, heat for 1 min, add pasta & toss. Once hot serve with Chicken.

### **Oven Roasted Vegetables**

KEEP FROZEN. Preheat oven to 350°. Place vegetables in a bowl and pour contents of plastic cup evenly over vegetables. Using a spoon mix vegetables until evenly coated with sauce. Place vegetables on a non-stick or sprayed baking pan, place into oven, bake for 15-20 mins or until vegetables begin caramelizing (browning) remove from oven, serve alongside your Cajun steaks.

### **Pineapple Rice**

Cover rice with water ( $\frac{3}{4}$  cup for 2-servings,  $1\frac{1}{2}$  cups for 4,  $2\frac{1}{4}$  cups for 6) and pineapple juice and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18 min for 2-servings and 20 min for 4 or 6 serving. DO NOT REMOVE LID while rice is cooking! Once rice is done, remove from heat. mix in bag of pineapples and peppers, fluff with fork, cover and let stand for 5 minutes before serving.

### **Vegetable Sauté**

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add the oil and seasoning from the portion cup and swirl around pan and add bag of vegetables. Sauté (cook) for 7-8 minutes. Once vegetables are cooked as desired (tender or al dente), serve.