



September  
Cooking Instructions  
For Entrees & Sides

**Thai Chicken Saute 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

**Linguine with clam sauce & Soft Breadsticks**

IF FROZEN THAW. Place a skillet on the stove over medium-high heat. Once hot, add contents of portion cup of olive oil and garlic. Sauté for 2 minutes while stirring, Do Not Burn. Next add the contents of the Sauce bag and the chopped clams. Turn heat down to medium low, Do Not Boil. Prepare Linguine according to instructions. Place the drained noodles on a large platter, pour Clam Sauce mixture over, sprinkle with Parmesan Cheese and serve with Artisan Dinner Rolls. Hands-on: 20 minutes/Total: 40 minutes

**Classic Blue Plate Meatloaf w/ Garlic Mashed Potatoes**

IF FROZEN, THAW. Preheat oven to 375°. In a large bowl combine the ground chuck, breadcrumbs and egg mixture. Using your hands, mix to combine all ingredients evenly and form a tight 'loaf'. Place into a loaf pan or onto a sheet pan and place in hot oven. Approximately 15 minutes prior to meatloaf being done, spread the Classic Glaze over the top of the meatloaf and return to oven. Meatloaf is done when it reaches an internal temperature of 155° (40-50 minutes for 3-servings, 70-80 minutes for 6-servings). Prepare Garlic Mashed Potatoes to finish with the meatloaf. Let the loaf rest 5 minutes before slicing and serving with potatoes. Hands-on: 10 minutes/Total: 40-80 minutes



### **Italian Meatball Lasagna w/ Soft Breadsticks**

IF FROZEN THAW. Pre-heat your oven to 400°. Once hot, bake covered for 45 minutes, then remove lid and continue to cook until lasagna reaches an internal temperature of 165° (another 10-30 minutes depending on meal size). Remove and let rest for 5 minutes before serving. Hands-on: 1 minute/Total: 60 minutes

### **Chicken Pot Pie**

IF FROZEN, 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. Let rest 5 minutes before serving. Hands-on: 2 minutes/Total: 65 minutes

### **Mediterranean Tortellini Soup w/Artisan Rolls**

IF FROZEN, THAW. Add bags of Kidney Beans and Sauce, Tortellini, Chicken, Vegetables and Water (2 cups for 2-serving, 4 cups for 4-serving and 6 cups for 6-serving) into a stock pot over medium high heat. Stir and bring nearly to a boil (190°), reduce heat to low, cover and simmer 25 to 30 minutes. Prepare Dinner Rolls according to instructions. Transfer to individual bowls garnished with the Parmesan Cheese and served with a dinner roll. Hands-on: 2 minutes/Total: 40 minutes

# Dinners Ready!

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

IF FROZEN THAW. 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 the meat until it begins to brown (about 5 minutes). Skim off any liquid that has accumulated in the pan. Add the contents of the other 2 bags to the pan. Mix well and bring nearly to a boil (mixture must reach a temperature of 145°). DO NOT BOIL. Reduce the heat to medium-low and cover. Let simmer for 20 minutes, stirring occasionally. 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

## **Huckleberry Flat Iron Steaks w/ Oven Roasted Potatoes**

IF FROZEN, THAW. Preheat oven to 350°. Prepare Oven Roasted Potatoes according to instructions. Place a skillet over medium-high heat. Once hot add 2 tsp of oil, swirl and add steaks. Sear steak for 2 minutes per side, then place into a non-stick sprayed baking dish and into hot oven. Cook until the steak reaches desired doneness (135° for medium-rare), about 8-12 minutes. Remove steak from oven and let rest 5 minute before serving with potatoes. Note: You may also grill your steaks over medium-high heat for 4-6 minutes per side. Hands on: 15 Minutes / Total time: 30 Minutes.

## **Tuscan Chicken w/ Mediterranean Vegetables**

IF FROZEN, THAW. Prepare Mediterranean Vegetables according to instructions. Pour the contents of the sauce bag into a pan, stir to blend & gently warm over medium heat. Once the sauce begins to bubble, turn the heat down to low to simmer, stirring often. Remove chicken from bag and DISCARD MARINADE. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken breasts and sear each side for 2 minutes. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (8-10 minutes). Note: You may also grill your chicken over medium-high heat for 4-5 minutes per side. Serve the chicken breasts topped with the sauce along side the Mediterranean Vegetables. Hands-on: 20 minutes/Total: 40 minutes



### **Kalbi Marinated Chicken w/ Coconut Rice**

IF FROZEN THAW. Pre-heat oven to 350°. Prepare Coconut Rice according to instructions. Remove chicken from bag and DISCARD MARINADE. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken breasts and sear each side for 2 minutes. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (10-12 minutes). Let chicken rest 5 minutes before serving with additional sauce and rice. Hands-on: 5 minutes/Total: 30 minutes

### **Honey-Almond Chicken w/ Sautéed Green Beans**

IF FROZEN THAW. Preheat oven to 350°. Place a skillet over medium-high heat. Once hot add 2 tsp of oil, swirl around and sear chicken breasts for 2 minutes on each side. Place breasts into non-stick sprayed baking dish. Spoon an equal amount of topping onto each breast and place into the oven. Cook until breasts reach an internal temperature of 165° (10-12 minutes). While chicken is finishing, prepare Sautéed Green Beans according to instructions. Remove the chicken and let rest 5 minutes before serving along side beans. Hands on: 15 Minutes / Total time: 25 Minutes.

### **Peach Tree Chicken w/ Whole Grain Rice**

IF FROZEN THAW. Pre-heat oven to 350°. Prepare Whole Grain Rice according to instructions. Remove chicken from bag and DISCARD MARINADE. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken breasts and sear each side for 2 minutes. Place into non-stick sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (10-12 minutes). While chicken finishes, place sauce into a saucepan over medium heat. Heat until sauce thickens stirring often – DO NOT BOIL. Let chicken rest 5 minutes before serving with rice. Hands on: 5 Minutes / Total time: 30 Minutes.

# Dinners Ready!

## **Pork Tenderloin w/ Apple-Sherry Cream Sauce & Garlic Baby Baked Potatoes**

IF FROZEN, THAW. Pre-heat oven to 350°. Place a skillet over medium-high heat and once hot, add 2 tsp oil. Remove the pork tenderloin(s) from bag - DISCARD MARINADE. Add tenderloin to skillet and sear all sides for 2 minutes each. Place into non-stick sprayed oven pan and into hot oven. Cook until the tenderloin reaches an internal temperature of 155° (about 20 minutes). Follow cooking instructions for Baked Potatoes . While pork is finishing, place a skillet over medium-high heat. Once hot, add bag of onions and sauté 2 minutes. Add bag of apples and sauté for another 2 minutes. Add bag of sauce, reduce heat and simmer for 5 minutes. Remove pork from oven and let rest 5 minutes before slicing. Top with sauce and serve along side Baked Potatoes. Hands-on: 10 minutes/Total: 35 minutes

## **Pineapple Upside-Down Pork Chops w/ Vegetable Sauté**

IF FROZEN, THAW. Pre-heat oven to 350°. Prepare Vegetable Sauté according to instructions. Place each pineapple ring into an appropriate sized oven-proof pan. Place equal amount of brown sugar into center of each ring & set aside. Remove pork chops from the marinade and DISCARD THE MARINADE. Place a skillet over medium-high heat and once hot add 2 tsp oil. Sear pork chops for 2 minutes on each side. Place each chop on top of each pineapple ring & put pan into oven. Bake until the chops reach internal temperature of 155° (8-12 minutes). Remove from oven and with a spatula , carefully remove each chop from below pineapple ring & turn over onto each dinner plate. Drizzle any remaining pan juices over chops. Serve along side vegetables. Hands-on: 5 minutes/Total 25 minutes



### **Build Your Own Calzone (Beef Taco)**

IF FROZEN, THAW. Be careful not to let sit out too long, as the yeast in the dough will activate! Pre-heat your oven to 350°. Once hot, remove calzone from pan and place on a sheet pan and into hot oven. Bake uncovered for 25 to 30 minutes or until crust is brown. Hands-on: 1 minute/Total: 30 minutes

### **Parmesan Crusted Sole w/ Cheesy Broccoli Bake**

IF FROZEN, THAW. Prepare Cheesy-Broccoli Bake according to instructions. This can take from 20 to 30 minutes to prepare, so begin Sole preparation accordingly. Preheat oven to 350°. Pat dry the Sole Filets and place into a non-stick sprayed baking dish. Take portion cup of Olive Oil & Butter, remove lid and drizzle over the filets to spread evenly. Take Panko and Cheese mixture and sprinkle over the Filets evenly to coat. Place into hot oven and cook for 20 minutes. Remove from oven, let rest for 5 minutes and serve with Cheesy Broccoli Bake. Hands-on: 15/Total: 30 minutes

## **Side Dish Cooking Instructions**

### **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.

### **Breadsticks**

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



### Cheesy-Broccoli Bake

THAW. Preheat your oven to 350°. Once hot, place uncovered baking dish into oven. Check temperature after 25 minutes and return to oven until bake reaches an internal temperature of 150° and cheese begins to brown (5-10 minutes for 2 and 4-serving, 10-15 minutes for 6-serving). Remove from oven and let rest 5 minutes before serving.

### Coconut Rice

Cover rice with water ( $\frac{3}{4}$  cup for 2-servings, 1½ cups for 4, 2¼ cups for 6) 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.

### 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.

### 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.

# Dinners Ready!

## 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.

## 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.

## Linguine

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 8-10 minutes stirring regularly. When noodles are done, remove from stove and drain.

## Oven Roasted Potatoes

Pre-heat your oven to 350°. Evenly spread the potatoes on no-stick sprayed sheet pan and into the hot oven. They take about 30 minutes. Shake the pan a couple times while roasting and spin once after 15 minutes. Serve hot.

## 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.

# Dinners Ready!

## Vegetable Sauté

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add **half** the oil from the portion cup and swirl around pan and add bag of vegetables. Stir Fry for 5 minutes. Add the rest of the oil and seasoning and salt and pepper to taste. Mix and serve.

## Whole Grain Rice

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