



## Reheating Instructions

### Thai Coconut Soup (Contains Fish Sauce)

1. Thaw frozen soup
2. Place in pot
3. Bring to a boil
4. Immediately remove from heat & serve

### Pea & Mint Velouté (Vegan)

1. Thaw frozen soup
2. Place in pot
3. Add 6 oz of water and bring to a boil
4. Immediately remove from heat & serve

### Classic Minestrone Soup (Contains Pork)

1. Thaw frozen soup
2. Place in pot
3. Add 6 oz of water and bring to a boil
4. Immediately remove from heat & serve

### Butternut Squash Soup (Vegetarian)

1. Thaw frozen soup
2. Place in pot
3. Add 6 oz of water and bring to a boil
4. Immediately remove from heat & serve

### Shepherd's Pie (Contains Dairy and Gluten)

1. Cook from frozen
2. Preheat oven to 375 F
3. Remove lid
4. Brush melted butter on the mashed potato
5. Bake for 40 to 50 minutes, check center of the dish to see if it's heated through as cooking time vary with different ovens.

### Vegetarian & Prosciutto Lasagnes

1. Cook from frozen
2. Preheat oven to 375 F
3. Remove lid
4. Bake for 40 to 50 minutes, check center of the dish to see if it's heated through as cooking time vary with different ovens.

### Tomato Braised Bison Cheek

1. Defrost polenta ahead of time
2. Place Bison Cheek bag in a pot of simmering water for 15 minutes
3. Transfer to a pan on medium heat
4. Reduce sauce by 1/2
5. In a separate pan, place polenta and add 6 oz of water
6. Bring to a boil, whisking frequently until smooth
7. Plate with Braised Bison Cheek on top of the polenta

### Beef Bourguignon

1. Place bag in a pot of simmering water for 20-25 minutes
2. Remove from heat & serve with your favourite starch

### Butter Chicken

1. Thaw package from frozen
2. Place in pot
3. Bring to a boil
4. Immediately remove from heat & serve with rice

