



TERIYAKI BEEF

HEATING INSTRUCTIONS: 2+ Servings

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375° F (350° F convection).
2. Place teriyaki beef, uncovered, on middle rack of oven.
3. Bake for 30 minutes, flipping beef over mid-way through heating and applying teriyaki glaze.
4. Then, remove teriyaki beef from oven and allow to rest.
5. Meanwhile, heat yaki udon noodles in the microwave and toss brassica salad.
6. Then cut beef into nice thin medallions and enjoy!

HEATING INSTRUCTIONS: 4+ Servings

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375° F (350° F convection).
2. Transfer teriyaki beef onto a baking sheet and place tray, uncovered, on middle rack of oven.
3. Bake for 30 minutes, flipping beef over mid-way through heating and applying teriyaki glaze.
4. Then, remove teriyaki beef from oven and allow to rest.
5. Meanwhile, heat yaki udon noodles in the microwave and toss brassica salad.
6. Then cut beef into nice thin medallions and enjoy!

BON APPETIT!

***For food safety, all hot items should be heated to a minimum of 165° F**

**** Consume or freeze dishes on or before expiry date**