



JERK CHICKEN FEAST

HEATING INSTRUCTIONS: 2+ SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375°F (350°F convection).
2. Place jerk chicken, uncovered, on middle rack of oven, and bake for 20 minutes.
3. Then, flip chicken pieces over, and bake another 20 minutes.
4. Meanwhile, heat coconut rice & peas and braised greens in the microwave.
5. Toss mango salad and enjoy!

HEATING INSTRUCTIONS: 4+ SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375°F (350°F convection).
2. Place both containers of jerk chicken, uncovered, on middle rack of oven, and bake for 20 minutes.
3. Then, flip chicken pieces over, and bake another 20 minutes.
4. Meanwhile, heat coconut rice & peas and braised greens in the microwave.
5. Toss mango salad 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**