



## HOT HONEY CHICKEN/CAULIFLOWER WINGS

### **HEATING INSTRUCTIONS: 2+ Servings**

*If frozen, defrost in refrigerator overnight.*

1. Preheat oven to 400° F (375° F convection).
2. Place chicken/cauliflower wings on middle rack of oven, and make for 15 minutes.
3. Flip wings over and bake another 15 minutes.
4. In the meantime, heat fried rice in the microwave.
5. When wings are finished, drizzle or toss with hot honey sauce.
6. Enjoy with ranch sauce and seasonal salad.

### **HEATING INSTRUCTIONS: 4+ Servings**

*If frozen, defrost in refrigerator overnight.*

1. Preheat oven to 400° F (375° F convection).
2. Place chicken/cauliflower wings on middle rack of oven, and make for 15 minutes.
3. Flip wings over and bake another 15 minutes.
4. In the meantime, heat fried rice in the microwave.
5. When wings are finished, drizzle or toss with hot honey sauce.
6. Enjoy with ranch sauce and seasonal salad.

**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**