



MANGO SALMON

HEATING INSTRUCTIONS: 1-2 SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 400° F (375° F convection).
2. Place salmon filets, uncovered, on middle rack of oven.
3. Bake for 15-20 minutes, depending on desired doneness of salmon.
4. Meanwhile heat Cajun rice in the microwave and toss seasonal salad.
5. Spoon fresh mango salsa over salmon filets and enjoy!

HEATING INSTRUCTIONS: 3-4 SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 400° F (375° F convection).
2. Place salmon filets, uncovered, on middle rack of oven.
3. Bake for 15-20 minutes, depending on desired doneness of salmon.
4. Meanwhile heat Cajun rice in the microwave and toss seasonal salad.
5. Spoon fresh mango salsa over salmon filets and enjoy!

BON APPETIT!

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