



COCONUT-CURRY SALMON FEAST

HEATING INSTRUCTIONS: 2+ SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375°F (350°F convection).
2. Place coconut-curry salmon, uncovered, on middle rack of oven, and bake for 30 minutes.
3. Meanwhile, heat coconut rice & peas and braised greens in the microwave.
4. 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 coconut-curry salmon, uncovered, on middle rack of oven, and bake for 30 minutes.
3. Meanwhile, heat coconut rice & peas and braised greens in the microwave.
4. 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**