



JAMAICAN SHORT RIBS

HEATING INSTRUCTIONS: 1-2 SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375° F (350° F convection).
2. Place Jamaican short ribs, uncovered, on middle rack of oven.
3. Bake for 15, then gently toss short ribs.
4. Bake another 15 minutes.
5. Meanwhile, heat coconut rice & peas in microwave and toss mango salad.

HEATING INSTRUCTIONS: 3-4 SERVINGS

If frozen, defrost in refrigerator overnight.

1. Preheat oven to 375° F (350° F convection).
2. Place Jamaican short ribs, uncovered, on middle rack of oven.
3. Bake for 15, then gently toss short ribs.
4. Bake another 15 minutes.
5. Meanwhile, heat coconut rice & peas in microwave and toss mango salad.

BON APPETIT!

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