

# MARLEY SPOON



## READY TO HEAT! Japanese Roasted Veggie Bowl

with Fried Tofu, Rice, & Ponzu Dressing



2-5min



2 Servings

Put down the knife and forget about the pots and pans, because we made dinner for you! Our microwaveable Ready Made meals are full of the same high-quality ingredients and globally-inspired flavors you'd expect from Martha Stewart & Marley Spoon. In this Japanese-style bowl, we pair roasted veggies with tofu, fluffy rice, and citrusy ponzu dressing. Simply heat, serve, and enjoy!

### What we send

- 2 Ready Made Japanese Rice Bowl meals <sup>1,2,3,4</sup>

### What you need

- Microwave or oven

### Tools

#### Allergens

Fish (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### Nutrition per serving

Calories 470kcal, Fat 19g, Carbs 60g, Protein 17g

## Store

### 1. Store

Store the ready made meals in the refrigerator until you're ready to heat and eat. Depending on your delivery days, the meals have 5-10 days before their enjoy by date (check the date on each meal).

## Microwave

### 2. Microwave instructions

Remove cardboard sleeve. Peel corner of plastic film to vent and remove any small containers. Microwave on high, 2-3 minutes (or until 165°F). Remove and let rest for 3 minutes. Carefully peel off film and top with any garnishes.

## Bake

### 3. Oven instructions

Preheat oven to 350°F. Remove cardboard sleeve, plastic film, and any small containers. Transfer meal to an oven-safe dish or skillet. Heat until warmed through (165°F), about 20 minutes. Top with garnishes.

## Enjoy!

### 4. Enjoy!

You don't have to worry about dishes with these ready made meals but make it extra luxe and plate it up. Enjoy!

## Recycle

### 5. Recycle

Each package contains one single serving, making it easy to decide when and how to heat and eat this ready made meal. Bonus, the packaging is recyclable. Good for you and the planet!

## Freeze

### 6. Freeze

In a pinch, these meals can be frozen before the package enjoy by date and can be stored in the freezer for up to 2 months. To heat, follow microwave instructions, adding 1-2 minutes to cook time.