

[illegible]

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### What we send

- 2 (11 oz) Ready Made Sesame-Soy Chicken <sup>6,11</sup>

### What you need

- Your choice!

### Tools

- microwave

### Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 360kcal, Fat 2g, Carbs 58g, Protein 22g

# Store

## 1. Store

Store your meal in the refrigerator up to five days from receipt.

# Microwave

## 2. Microwave instructions

Puncture film and microwave for 2 minutes and 15 seconds. Remove and let rest for 1 minute. Carefully peel off film and top with any garnishes.

# Bake

## 3. Oven instructions

Preheat oven to 350°F with a rack in the center. Remove meal from plastic tray and transfer to a small baking dish or ovenproof skillet. Add 2 tablespoons water and cover with foil. Bake until warmed through, 10-15 minutes. Mix well and top with any garnishes.

# mmmmmm

## 4. Enjoy!

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

# Recycle

## 5. Recycle

Check the recycling guidelines in your area to dispose the packaging responsibly!

# Freeze

## 6. Freeze

If your meal is still partially frozen or thawed and cool to the touch, you can store it in the freezer for up to 6 months. To heat, microwave for 4 minutes and let rest for 1 minute, or let thaw and use the oven instructions in step 3.