



REAL FOR REAL

CUISINE

BY SHANNON BEADOR

Preparation Instructions:

1) *Oven-Cooking: All Meals*

Thaw product under refrigeration until fully thawed. Preheat oven to 350°F for at least 10-15 minutes. Carefully remove product from outer packaging. Place contents of package into an oven-safe baking dish about the size of the contents in package. Add 1 tablespoon of water to dish. Cover dish with aluminum foil tightly. Place baking dish onto a baking sheet pan in the center of the oven. Cook for 20-25 minutes at 350°F. Remove from oven and let sit for 4-5 minutes, leaving covered. Carefully remove foil, place contents onto serving dish, then lightly fluff with fork and enjoy! Cook to an internal temperature of at least 145°F.

2) *Microwave Cooking: All Meals*

Cook from frozen. Cut a 1-inch slit on top in center of package. Cook at 50% power for 4-5 minutes. Carefully agitate/move around product in bag. Cook for an additional 3-4 minutes at 100% power. Let sit in microwave oven for 2 minutes before serving. Carefully cut off one end of the bag, pour contents onto serving dish, then lightly fluff with fork and enjoy. Note: Microwave oven power may vary, so be sure to cook to an internal temperature of at least 145°F. Be careful when removing from microwave – contents hot!

3) *Stove Top/Skillet Cooking: Garlic Shrimp Only*

Thaw product under refrigeration until fully thawed. Preheat sauté pan or skillet to medium heat. Add 1 tablespoon olive oil or butter to pan if desired. Add shrimp and cook for 2-3 minutes, turning once during cooking time. Add remaining pasta and ingredients to pan. Toss pasta and shrimp continually to avoid burning. Reduce heat to low and continue cooking for 4-5 minutes. Meal is complete when shrimp turn pink. Place on serving dish and enjoy!

Seafood Combo Pack

Teriyaki Flounder
w/Soba Noodles

Cream Cheese & Herb
Stuffed Salmon

Zesty
Garlic Shrimp

| Nutrition Facts | |
|-------------------------------|------------|
| 1 serving per container | |
| Serving size 10 ounces (283g) | |
| Amount Per Serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 3g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 50mg | 17% |
| Sodium 760mg | 33% |
| Total Carbohydrate 31g | 11% |
| Dietary Fiber 3g | 11% |
| Total Sugars 7g | |
| Includes 3g Added Sugars | 6% |
| Protein 21g | |
| Vitamin D 3.2mcg | 15% |
| Calcium 80mg | 6% |
| Iron 1.3mg | 8% |
| Potassium 380mg | 8% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

| Nutrition Facts | |
|-------------------------------|------------|
| 1 serving per container | |
| Serving size 10 ounces (283g) | |
| Amount Per Serving | |
| Calories | 470 |
| % Daily Value* | |
| Total Fat 25g | 32% |
| Saturated Fat 7g | 35% |
| Trans Fat 0g | |
| Cholesterol 70mg | 23% |
| Sodium 230mg | 10% |
| Total Carbohydrate 32g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 22g | |
| Vitamin D 0.1mcg | 0% |
| Calcium 120mg | 10% |
| Iron 3.8mg | 20% |
| Potassium 380mg | 8% |

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| Nutrition Facts | |
|-------------------------------|------------|
| 1 serving per container | |
| Serving size 10 ounces (283g) | |
| Amount Per Serving | |
| Calories | 430 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 120mg | 40% |
| Sodium 630mg | 27% |
| Total Carbohydrate 63g | 23% |
| Dietary Fiber 5g | 18% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 25g | |
| Vitamin D 0mcg | 0% |
| Calcium 80mg | 6% |
| Iron 3.7mg | 20% |
| Potassium 350mg | 8% |

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Ingredients: Holland Flounder Fillet, Soba Noodles (Water, Wheat Flour, Wheat Gluten, Salt, Lactic Acid, Wheat), Broccoli, Sugar, Food Starch-Modified, Salt, Soy Sauce Powder (Soybeans, Wheat, Salt), Maltodextrin, Rice Vinegar Powder, Xanthan Gum, Yeast Extract, Soy Oil, Onion Powder, Garlic Powder, Spices, Caramel Color, Sodium Alginate, Dextrin and Natural Flavor, Green Onions, White Sesame Seeds, Dried Red Pepper Flakes

Contains: Wheat, Soy, Fish

Ingredients: Rice, Yellow Squash and Zucchini, Cream Cheese (Pasteurized Milk, Cheese Cultures, Salt, Guar Gum, Carob Bean Gum, Xanthan Gum), Faroe Island Salmon, Olive Oil Blend (Olive Oil, Soybean Oil), Spice, Chopped Shallots, Minced Garlic, Salt, Sugar, Spices, Food Starch-Modified, Citric Acid, Dehydrated Red Bell Pepper, Dehydrated Garlic, Dehydrated Onion, Lemon Peel, Dried Chives, Dried Dill

Contains: Milk, Soy, Fish

Ingredients: Shrimp, Fresh Green Spaghetti Squash Noodles, Linguine Pasta (Semolina (Wheat)), Durum Wheat Flour, Sundried Tomatoes (Salt), Olive Oil Blend (Olive Oil, Canola Oil), Fresh Chopped Garlic, Dried Red Pepper Flakes, Kosher Salt and Black Pepper, Dried Parsley

Contains: Wheat, Shellfish