



City Girl
FARMING

PREPARED MEALS

Reheating Instructions for Prepared Meals

We want to ensure your meal is reheated perfectly while maintaining its quality and taste. Here's a guide for reheating meals, including those with proteins like chicken breast served over lighter ingredients like quinoa, pasta, veggies, or potatoes, as well as tips for soups, stews, and frozen meals.

General Guidelines

- Always heat meals evenly to an internal temperature of **165°F (74°C)** for safe consumption.
- Check the container for 'removables' such as salsas or sauces that need to be poured over the meal or intended to eat cold or on the side.
- For meals with proteins and lighter ingredients, separate components (if possible) or adjust heating to avoid overcooking.
- Cover dishes to retain moisture unless a crisp texture is desired.

Microwave Instructions

1. **Separate Components (if possible):**
 - Place the protein (e.g., chicken breast) on a separate microwave-safe plate.
 - Heat the lighter ingredients (quinoa, pasta, veggies, or potatoes) separately.
2. Cover both dishes with a damp paper towel or microwave-safe lid.
3. Heat on **medium power** to ensure even warming:
 - **Protein:** Heat for **1–2 minutes**, then check. Rotate or flip and heat for an additional **1–2 minutes** if needed.
 - **Lighter ingredients:** Heat for **1–2 minutes**, stirring halfway for even warmth.
4. Combine components and let rest for 1 minute before serving.

Oven/Toaster Oven Instructions

1. **Preheat the oven to 350°F (175°C).**
2. If separating components is possible:
 - Place the protein in a small oven-safe dish. Cover with foil.
 - Place the lighter ingredients in another dish, also covered with foil.
3. Heat for:
 - **Protein:** 15–20 minutes.
 - **Lighter ingredients:** 10–15 minutes. Check early to avoid overcooking.
4. If components can't be separated:
 - Cover the entire dish with foil and heat for **15–20 minutes**, checking halfway to ensure even heating.
5. For a crisp finish, remove foil for the last 5 minutes.

Combination Heating (Microwave + Oven/Toaster Oven)

For the best results, especially for meals with chicken or other dense proteins:

1. Microwave First:

- Heat the lighter ingredients for **1–2 minutes** on medium power.
- Heat the protein for **2 minutes** on medium power, checking halfway.

2. Finish in the Oven/Toaster Oven:

- Transfer components to an oven-safe dish and heat in a preheated oven at **400°F** for an additional **5–10 minutes**, uncovered, to enhance texture and flavor.

Reheating Soups and Stews

1. Microwave Option:

- Transfer to a microwave-safe bowl.
- Cover with a microwave-safe lid or damp paper towel.
- Heat on high for **2–4 minutes**, stirring halfway through.

2. Stovetop Option:

- Transfer to a pot and warm over medium heat.
- Stir occasionally to prevent sticking and ensure even heating.

Reheating Frozen Meals

1. Thaw (Preferred Method):

- Move the meal to the fridge and allow it to thaw overnight.

2. Reheat Directly from Frozen:

- **Microwave:** Heat on low power for **2–3 minutes** to defrost, then switch to medium power for **3–5 minutes** or until heated through.
- **Oven:** Preheat to **350°F (175°C)** and cover the dish with foil. Heat for **30–40 minutes**, checking halfway through. For a crisp finish, remove foil during the last 5–10 minutes.

Tips for Best Results

- **Avoid Overcooking Proteins:** Heat proteins gently to retain their moisture and texture.
- **Stir Lighter Items:** Stirring ensures even heat distribution without drying out delicate ingredients.
- **Using Foil:** Covering with foil during oven heating prevents drying while maintaining quality.
- **Check Early:** Always check heating progress early to avoid overcooking.
- **Soups & Stews:** Stir occasionally for even heating.



We hope these instructions help you enjoy your CGF meal at its best! Thank you for supporting locally sourced, delicious food.