



Gluten Free Chicken & Kale Ravioli

Handling & Cooking Instructions

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KEEP FROZEN. COOK THOROUGHLY. For food safety and quality, product must be cooked to an internal temperature of 165°F. Cooking time may vary based on equipment and quantity cooked in equipment. Check for doneness using thermometer.

Microwave Oven: (Based on about 5 pieces)

(Validated with an 1800 watt Microwave Oven)

PREP

1. Remove Ravioli from plastic bag and place in a microwave safe dish
2. Place 1/2 oz. of water in the dish with Ravioli and cover with plastic wrap
 - a. (Sauce in place of water would be 2.5 oz.)

HEAT

3. Microwave on high for:
 - a. Using Water – 1 ½ minutes
 - b. Using Sauce – 2 minutes

SERVE

4. Stir with sauce or Extra Virgin Olive Oil and Parmesan cheese

Stovetop:

PREP

1. Bring 6 quarts of water to a boil. Turn down heat to a simmer (210 degrees)
2. Remove Ravioli from plastic bag and place in simmering water

HEAT

3. Simmer for 5 minutes
4. Carefully remove Ravioli from water

SERVE

5. Place the Ravioli on a plate and stir with sauce or Olive Oil and Parmesan Cheese