

# Couch Potatoes

It's Easy. It's Comfort. It's Ready.

## Menu & Instructions – January 20<sup>th</sup>

- Cubed Sirloin
  - Street Corn Salad
  - Roasted Potatoes/Yams
- Pulled Pork
  - Sautéed Green Beans
  - Red & Green Slaw
- Paprika Cream Chicken/Pork/ Sirloin
  - Steam-Roasted Broccoli
  - Balsamic Glazed Carrots
- Salmon
  - Braised Endive
  - Pureed Butternut Squash & Parsnips
- Szechuan Eggplant
  - Noodle or Zucchini Salad
  - Cucumber Salad
- Additional Side
  - White Beans with Anchovies

## Entrees

---

### Cubed Sirloin

### Pineapple Pulled Pork

For best results, use stovetop or microwave, following instructions GRG.

### Szechuan Eggplant

Follow Vegetable Sides instructions below

### Chicken Dishes

- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.
- Stovetop & microwave: In a microwave safe container, reheat in the microwave 2 minutes at a time until is hot. Let stand for a minute for the heat to distribute.

### Roasted Fish

This dish may contain undercooked protein and needs to be fully cooked before eating. For best results, use stovetop or oven.

- Stovetop: Add a tablespoon or so of water. Watching the pot, bring to a boil and reduce the heat until there's just a few bubbles popping. Continue heating for 8-12 minutes, or until fish has reached an internal temperature of 165F.
- Oven: Reheat 350F for 25 minutes, or until internal temperature is 165F.
- Microwave. NOT RECOMMENDED as fish is likely to become overcooked and rubbery

# Couch Potatoes

It's Easy. It's Comfort. It's Ready.

## Sides

---

### Lettuce and Mixed Green Salads and Slaws

These salads have all the ingredients together but haven't been dressed so they don't get soggy.

Tips on dressing a salad:

- Place the greens in a large bowl and add about a tablespoon of dressing per serving. Toss the greens until they are lightly coated. Taste. If you want more dressing, add by tablespoon and toss between additions. The goal is to lightly coat the greens but not use so much that dressing is pooling in the bottom of the bowl. Plate the greens.
- Add the garnish to the same bowl and dress as you did the greens. You'll likely be able to use less dressing. Arrange the garnish on the greens.
- Alternatively, you can dress the greens and garnish together, especially if making a single salad. If making multiple salads this way, pay attention plating to ensure that all the salads have the same amount of garnish.

### Mashed Potatoes & Mashed Root Veggies

Stovetop or microwave is the best way to reheat. Since they're thick, stir often. If using the stovetop, check frequently to ensure they're not burning on the bottom of the pan.

- Stovetop & microwave: Follow GRG
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F. Add about 2 tablespoons of milk first.

### Street Corn Salad

#### Cucumber Salad

Enjoy these dishes cold

### Vegetable Sides, incl Noodle or Zucchini Salad

Stovetop or microwave are the best ways to reheat.

- Stovetop & microwave: Reheat 1-2 minutes at time, checking temperature in between. Remove when hot and let stand for one minute for the heat to distribute.
- Stovetop: reheat over medium heat until hot. Add a little water at a time if necessary to loosen the food.