



HEATING INSTRUCTIONS

CHICKEN KABOBS

Recommended Heating Instructions:

- 1. Set the oven to 400 degrees.*
- 2. Remove the chicken, place it on a baking sheet.*
- 3. Place the chicken in the oven with the artichoke and goat cheese topping.*
- 4. Bake for 7 minutes or until hot.*
- 5. In a sauté pan, add two tablespoons of water, followed by basmati rice.*
- 6. Cook on medium low heat until hot.*

Quickest Heating Instructions:

- 1. Remove chicken from container. Place the chicken on a microwave safe plate with the artichoke and goat cheese topping.*
- 2. Microwave from 1 minute and then in 30 second intervals until hot (about 2 minutes in total.)*
- 3. Wrap naan in a paper towel and microwave for 15 seconds.*