



# HEATING INSTRUCTIONS

## **COD FLORENTINE**

### **Recommended Heating Instructions:**

- 1. Set the oven to 350 degrees.*
- 2. Remove the cod and place on to a baking sheet.*
- 3. Place the cod in the oven and bake for 5 minutes or until hot.*
- 4. In a saucepan, slowly heat the artichokes, sun-dried tomatoes, broccolini, olives and lemon cream together on a medium-low flame until hot.*

### **Quickest Heating Instructions:**

- 1. Microwave in container for 1 minute and then in 30 second intervals until hot.*
- 2. Microwave the lemon cream for 30 seconds or until hot.*