



# HEATING INSTRUCTIONS

## PORK TENDERLOIN

### **Recommended Heating Instructions:**

- 1. Set the oven to 350 degrees.*
- 2. Remove the pork, broccolini, and sweet potato and place on a baking sheet.*
- 3. Place all three in the oven and bake for 5 minutes or until hot.*
- 4. Add the farro and a dash of water to a small sauté pan.*
- 5. On the stove, cook the farro on medium-high heat until hot. Stir occasionally or toss pasta.*
- 6. In a separate pan, slowly heat lemon cream on a medium-low flame until hot.*

### **Quickest Heating Instructions:**

- 1. Remove the kale slaw and tahini sauce.*
- 2. Microwave container for 1 minute and then in 30 second intervals until hot.*