



# HEATING INSTRUCTIONS

## **COD CAPONATA**

### **Recommended Heating Instructions:**

- 1. Set the oven to 350 degrees.*
- 2. Remove arugula and lemon, set aside. Remove the cod and broccolini place on to a baking sheet.*
- 3. Place the cod and broccolini in the oven and bake for 5 minutes or until hot.*
- 4. In a saucepan, slowly heat the caponata on a medium low flame until hot.*

### **Quickest Heating Instructions:**

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