



## CURRIED GOAT

### **HEATING INSTRUCTIONS: 2+ Servings**

*If frozen, defrost in refrigerator overnight.*

1. Preheat oven to 400° F (375° F convection).
2. Place curried goat, uncovered, on middle rack of oven.
3. Bake for 30 minutes.
4. Meanwhile, heat coconut rice & peas in the microwave.
5. Enjoy with lime slaw and roti.

### **HEATING INSTRUCTIONS: 4+ Servings**

*If frozen, defrost in refrigerator overnight.*

1. Preheat oven to 400° F (375° F convection).
2. Place curried goat, uncovered, on middle rack of oven.
3. Bake for 40 minutes.
4. Meanwhile, heat coconut rice & peas in the microwave.
5. Enjoy with lime slaw and roti.

### **BON APPETIT!**

**\*For food safety, all hot items should be heated to a minimum of 165° F**

**\*\* Consume or freeze dishes on or before expiry date**