

Prairie Meats

# PERFECT PLATES

Gourmet ready-to-cook meals

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## SELECT YOUR MAIN

select **1** of the following:

### Classic \$19.00

- 10oz New York Striploin Steak

### Beef \$15.00

- 8oz Top Sirloin Steak
- Mesquite Beef Kabob


### Chicken \$12.00

- Chicken Breast  
natural or marinated
- Chicken Kabob  
lemon herb, honey garlic,  
Monterey, souvlaki

### Pork \$11.00






- Peppercorn Boneless Pork Chops (2)
- Pork Kabob  
souvlaki, honey rosemary

### Vegetarian \$10.00


- Vegetable Kabob 

## CHOOSE THREE SIDES

choose **3** of the following:

- Stuffed Mushroom  
bacon & cheese or seafood
- Gourmet Stuffed Potato
- Cheddar Stuffed Potato 
- Stuffed Pepper 
- Deli Fresh Salad   
macaroni, potato, greek, pasta, etc
- Shrimp Kabob
- Taterbob   
marinated potato and onion kabob
- Bacon Wrapped Jalapeno  
stuffed with cream cheese
- Vegetable Kabob 

Serves 1-100 or more!  
Selection may vary by store.  
Prices are subject to change.

 Vegetarian option

# COOKING INSTRUCTIONS

## MAINS

Note: cooking times are approximate and vary with oven / bbq / appliance.

Methods of cooking meat include dry heat (roasting, broiling, pan-broiling, pan-frying, stir-frying and outdoor grilling) or moist heat (braising and cooking in liquid).

Feel free to cook your favourite way. BBQ, pan-fry, oven, slow cooker, etc. The important thing is to cook meat to the proper internal temperature.

Type of Meat	Recommended Internal Temperature	Doneness Cooked to Taste
<b>Beef</b>	145°F (62°C) + 3 minute rest	Rare 125°F (51°C)
		Medium 140°F (60°C)
		Well Done 160°F (71°C)
<b>Chicken</b>	165°F (71°C)	
<b>Pork</b>	155°F - 160°F (68-71°C) + 3 minute rest	Medium 150°F (65°C)
		Well Done 160°F (71°C)
<b>Shrimp</b>	145°F (62°C)	

## SIDES

### STUFFED MUSHROOM

- Remove packaging, place on baking sheet.
- Cook in preheated 350°F (175°C) oven for approx. 15 min.

### STUFFED POTATO

- Remove packaging, place on baking sheet.
- Cook in preheated 400°F (200°C) oven for 15 - 20 min.

### STUFFED PEPPER

- Remove packaging, place on baking sheet.
- Cook in preheated 350°F (175°C) oven for approx. 25 - 30 min.

### SHRIMP KABOB

- Remove packaging.
- In frying pan: 1 - 3 min. per side.  
or Broil 8" from heat 1 - 3 min. per side.

### TATERBOB

- Remove packaging.
- Cook in preheated 350°F (175°C) oven for approx. 20 min.,  
or Broil 8" from heat for approx. 12 min. turning halfway,  
or Grill on medium heat until soft & slightly charred.

### BACON WRAPPED JALAPENO

- Remove packaging, place on baking sheet.
- Cook in preheated 400°F (200°C) oven for 15 - 20 min. until bacon is crispy.

### VEGETABLE KABOB

- Remove packaging.
- Cook in preheated 350°F (175°C) oven for approx. 20 min.,  
or Broil 8" from heat for approx. 12 min. turning halfway,  
or Grill on medium heat until soft & slightly charred.