



#### In your box

2 oz. Sliced Red Onion  
½ tsp. Seasoned Salt Blend  
1 oz. Crumbled Bacon  
½ oz. Crispy Jalapeños  
12 oz. Trimmed Green Beans  
2 fl. oz. Golden BBQ Sauce

#### Customize It Options

13 oz. Boneless Skinless Chicken Breasts  
14 oz. USDA Choice New York Strip Steak (Serves 2)  
13 ½ oz. Organic Boneless Skinless Chicken Breasts  
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: wheat, soy

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray



Grill-Ready

## Grilled Carolina BBQ Chicken

with green beans and onions

NUTRITION per serving—Calories: 504, Carbohydrates: 30g, Fat: 22g, Protein: 47g, Sodium: 1588mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

20-30 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild



### Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Place **green beans**, **onion**, **bacon**, **seasoned salt**, and 1 Tbsp. **olive oil** in provided **grill bag**. Roll open end of bag to seal and gently shake to mix.
- Season **chicken** on both sides with a pinch of **salt** and **pepper**. Drizzle with 1 tsp. olive oil.
- If using **NY strip steak**, follow same instructions.



### Grill the Meal

- Place **grill bag** on hot grill and cook until **green beans** are tender, 15-18 minutes, flipping once halfway through.
- While grill bag cooks, place **chicken** on hot grill and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- If using **NY strip steak**, place NY strip steak on hot grill and cook until steak reaches a minimum internal temperature of 145 degrees, 7-9 minutes per side.



### Finish the Dish

- Carefully open **grill bag** and scoop out **vegetables**.
- If using **NY strip steak**, halve to serve.
- Plate dish as pictured on front of card, topping **chicken** with **BBQ sauce** and **crispy jalapeños** (to taste). Bon appétit!

### For a Rainy Day

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and **cooking spray**. Place **green beans**, **onion**, **bacon**, **seasoned salt**, and 1 Tbsp. **olive oil** on prepared baking sheet and toss to coat. Spread into a single layer and roast until green beans are tender, 11-15 minutes. While green beans roast, pat **chicken breasts** dry and season both sides with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium heat and add 1 tsp. olive oil. Add chicken breasts to hot pan, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Remove chicken to a plate and tent with foil. Remove from burner. Follow same plating instructions.