



In your box

- 2 Pineapple Rings
- 1 tsp. Sambal
- ½ oz. Crispy Fried Onions
- 1 fl. oz. Creamy Roasted Sesame Dressing
- 12 oz. Trimmed Green Beans
- 2 oz. Hawaiian Sweet and Sour Sauce

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: eggs, wheat, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray



Grill Ready

Grilled Sweet and Sour Chicken

with roasted sesame green beans

NUTRITION per serving—Calories: 443, Carbohydrates: 33g, Fat: 16g, Protein: 41g, Sodium: 1332mg.

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



1

Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium heat. Thoroughly rinse any fresh produce and pat dry.
- Place **green beans**, 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in provided grill bag. Roll open end of bag to seal and gently shake to mix.
- Pat **chicken** dry, and season both sides with a pinch of salt and pepper.



2

Grill the Meal

- Place **grill bag** on hot grill and cook until **green beans** are tender, 15-18 minutes.
- While grill bag cooks, place **chicken** on hot grill and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- While chicken cooks, place **pineapple rings** on hot grill and cook until charred, 1-2 minutes per side.



3

Finish the Dish

- Carefully, open grill bag and scoop out **green beans**.
- Plate dish as pictured on front of card, garnishing chicken with **sweet and sour sauce**, **pineapple**, and **sambal** (to taste). Garnish green beans with **dressing** and **crispy onions**. Bon appétit!

Indoor Instructions

- If cooking indoors, pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**. Thoroughly rinse any fresh produce and pat dry. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Remove chicken to a plate. Place **pineapple rings** in hot pan and cook until lightly charred, 1-2 minutes per side. Remove from burner. While chicken cooks, place a medium non-stick pan over medium heat and add 1 Tbsp. olive oil. Add **green beans** to hot pan and stir occasionally until tender, 8-10 minutes. *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.* Follow same plating instructions.