



In your box
36 oz. Salmon Fillets
65 oz. Boneless Skinless Chicken
Breasts



Surf and Turf Pack

includes 6 salmon fillets and 10 chicken breasts

NUTRITION per serving—Calories: 524, Carbohydrates: 2g, Fat: 23g, Protein: 73g, Sodium: 805mg.

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 min.

Cook Within

3 days

Difficulty Level

Easy

Spice Level

Not Spicy



Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan over medium heat with 2 tsp. olive oil. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.



Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with ¼ tsp. salt and a pinch of pepper.
- Use a large non-stick pan with 2 tsp. olive oil over medium heat and cook to a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*