



In your box				
24 oz. Shrimp				
24 oz. Scallops				
Minimum Internal Protein Temperature				
145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Protein Pack



## Seafood Sampler

includes 24 oz. scallops and 24 oz. shrimp

NUTRITION per serving—Calories: 120, Carbohydrates: 4g, Sugar: 0g, Fiber: 0g, Protein: 22g, Sodium: 811mg, Fat: 1g, Saturated Fat: 0g  
 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  
**10-20 min.**

Cook Within  
**3 days**

Difficulty Level  
**Easy**

Spice Level  
**Not Spicy**

## Before you cook

All cook times are approximate based on testing.



### 1. Scallop Instructions

- Pat **scallops** dry. We recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add scallops to hot pan and cook to a minimum internal temperature of 145 degrees, 1-2 minutes per side.



### 2. Shrimp Instructions

- Pat **shrimp** dry. We recommend seasoning both sides with a pinch of salt and pepper.
- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes.
- Flip, and cook until shrimp reaches a minimum internal temperature of 145 degrees, 1-2 minutes.