



**In your box**

36 oz. Salmon Fillets  
65 oz. Boneless Skinless Chicken Breasts

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

**Protein Pack**



## Surf and Turf Pack

includes 6 salmon fillets and 10 chicken breasts

NUTRITION per serving—Calories: 524, Carbohydrates: 2g, Sugar: 0g, Fiber: 0g, Protein: 73g, Sodium: 805mg, Fat: 23g, Saturated Fat: 5g  
 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	Cook Within	Difficulty Level	Spice Level
<b>10-20 min.</b>	<b>3 days</b>	<b>Easy</b>	<b>Not Spicy</b>

## Before you cook

All cook times are approximate based on testing.



### 1. Salmon Instructions

- Pat **salmon** dry. We recommend seasoning flesh side with  $\frac{1}{4}$  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.



### 2. Chicken Instructions

- Pat **chicken** dry. We recommend seasoning both sides with  $\frac{1}{4}$  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.*