



In your box

.8 oz. Lemon Garlic Butter
2 tsp. Basil Pesto
.6 oz. Butter
½ oz. Grated Romano Cheese
4 oz. Grape Tomatoes
8 oz. Sliced Zucchini
½ oz. Slivered Almonds

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
12 oz. Salmon Fillets

*Contains: milk, tree nuts (almonds)

You will need

Salt, Pepper, Cooking Spray
Mixing Bowl

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Grill-Ready



Grilled Pesto Chicken

with lemon garlic zucchini and tomatoes

NUTRITION per serving—Calories: 447, Carbohydrates: 12g, Sugar: 6g, Fiber: 3g, Protein: 42g, Sodium: 1680mg, Fat: 26g, Saturated Fat: 12g
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
Not Spicy

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 2, grilling until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Steps 1 and 2, grilling, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.



1. Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry. Set **plain butter** out to soften.
- Place **zucchini**, **tomatoes**, **lemon garlic butter**, $\frac{1}{2}$ 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 **vegetables** are tender, 12-15 minutes, flipping occasionally.
- 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.



3. Make Pesto Butter and Finish Dish

- While chicken cooks, combine softened **plain butter**, **pesto**, **cheese**, and a pinch of **salt** in a mixing bowl.
- Carefully, open grill bag and scoop out **vegetables**.
- Plate dish as pictured on front of card, topping **chicken** with **pesto butter** and topping vegetables with **almonds**. Bon appetit!

For a Rainy Day...

- If cooking indoors, thoroughly rinse any fresh produce and pat dry. Place **plain butter** on counter. Pat **chicken** 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 to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. While chicken cooks, place another medium non-stick pan over medium heat and add 1 tsp. olive oil. Add **zucchini**, **tomatoes**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until tender, 4-5 minutes. Remove from burner and stir in **lemon garlic butter**. In a mixing bowl, combine softened plain butter, **pesto**, **cheese**, and a pinch of salt. Follow same plating instructions.