



In your box

- 2 fl. oz. Carolina BBQ Sauce
- ½ tsp. Seasoned Salt Blend
- 2 oz. Sliced Red Onion
- 1 oz. Crumbled Bacon
- ½ oz. Crispy Jalapeños
- 12 oz. Trimmed Green Beans

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)

*Contains: wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Minimum Internal Protein Temperature

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

Grill-Ready



Grilled BBQ Chicken

with green beans and onions

NUTRITION per serving—Calories: 493, Carbohydrates: 26g, Sugar: 14g, Fiber: 5g, Protein: 47g, Sodium: 1585mg, Fat: 23g, Saturated Fat: 4g
 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

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **ribeye**, follow same instructions as chicken in Steps 1 and 2, cooking until browned and steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 2, cooking 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 ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 2, cooking, 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.
- Place **green beans, onion, bacon, seasoned salt**, and 1 Tbsp. **olive oil** in provided **grill bag**. Roll open end of bag to seal and gently shake to mix.
- Pat **chicken** dry, and season on both sides with a pinch of **salt** and **pepper**. Drizzle with 1 tsp. olive oil.



2. Grill the Meal

- Place **grill bag** on hot grill and cook until **green beans** are tender, 15-18 minutes, flipping once halfway through.
- While green beans cook, place **chicken** on hot grill and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.



3. Finish the Dish

- Carefully open **grill bag** and scoop out **vegetables**.
- Plate dish as pictured on front of card, topping **chicken** with **BBQ sauce** and **crispy jalapeños** (to taste). Bon appétit!

For a Rainy Day...

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and **cooking spray**. Place **green beans, onion, bacon, seasoned salt**, and 1 Tbsp. **olive oil** on prepared baking sheet and toss to coat. Spread into a single layer and roast until green beans are tender, 11-15 minutes. While green beans roast, pat **chicken breasts** 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 breasts to hot pan, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Remove chicken to a plate and tent with foil. Remove from burner. Follow same plating instructions.