



Prep & Cook Time **10-15 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



Grill Pack

## Chicken Breast and Sirloin Steak

### In your box

13 oz. Boneless Skinless Chicken Breasts

12 oz. Sirloin Steaks

### Instructions

- Pat proteins dry.
- *For both proteins, we recommend seasoning both sides with  $\frac{1}{4}$  tsp. salt and a pinch of pepper, using a medium non-stick pan with 2 tsp. olive oil over medium heat and cooking 5-7 minutes per side.*
- *For grilling, follow same instructions, heating grill to medium heat and spraying with cooking spray.*
- For **chicken breasts**, cook to a minimum internal temperature of 165 degrees.
- For **sirloin steaks**, cook to a minimum internal temperature of 145 degrees for medium well.

**NUTRITION** per serving Calories: 418, Carbohydrates: 1g, Fat: 11g, Protein: 74g, Sodium: 593mg.

### CONTAINS

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.