



Prep & Cook Time **10-15 min.** | Cook Within **3 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



Chicken Breast, Salmon, and Antibiotic-Free Ground Beef Grill Pack

In your box

12 oz. Salmon Fillets
13 oz. Boneless Skinless Chicken Breasts
10 oz. Antibiotic-Free Ground Beef

Instructions

- Pat proteins dry.
- For **salmon**, we recommend seasoning flesh side with a pinch of salt and pepper, using a medium non-stick pan with 2 tsp. olive oil over medium heat and cooking 4-6 minutes per side.
- For **chicken**, 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 **ground beef**, to make burgers, we recommend forming patties about 5" in diameter, seasoning both sides with $\frac{1}{4}$ tsp. salt and a pinch of pepper, and, using a medium non-stick pan over medium heat with 1 tsp. olive oil, cook 4-6 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 salmon, cook to a minimum internal temperature of 135 degrees.
- For ground beef as burgers, cook to a minimum internal temperature of 160 degrees.

NUTRITION per serving Calories: 795, Carbohydrates: 1g, Fat: 44g, Protein: 97g, Sodium: 879mg.

CONTAINS fish (salmon)

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