



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



## Chicken Breast and Ground Beef Grill Pack

### In your box

- 10 oz. Ground Beef
- 13 oz. Boneless Skinless Chicken Breasts

### Instructions

- Pat proteins dry.
- 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 ground beef as burgers, cook to a minimum internal temperature of 160 degrees.

**NUTRITION** per serving Calories: 515, Carbohydrates: 1g, Fat: 26g, Protein: 65g, Sodium: 581mg.

### CONTAINS

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