



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



Shrimp and Sirloin Steak Grill Pack

In your box

16 oz. Shrimp
12 oz. Sirloin Steaks

Instructions

- Pat proteins dry.
- For **shrimp**, we recommend using a large non-stick pan with 2 tsp. olive oil over medium-high heat and cooking 2-3 minutes per side.
- For **sirloin steaks**, 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 both proteins, cook to a minimum internal temperature of 145 degrees (medium-well for steak).

NUTRITION per serving Calories: 328, Carbohydrates: 0g, Fat: 8g, Protein: 66g, Sodium: 1552mg.

CONTAINS shellfish (shrimp)

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