



In your box

- 1 oz. Shaved Parmesan
- 1 oz. Blue Cheese
- 12 oz. Trimmed Green Beans
- .6 oz. Butter
- 2 tsp. Hot Sauce
- 2 tsp. Buttermilk Dill Seasoning

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Salt, Cooking Spray



Grill-Ready

Buffalo Blue Cheese Grilled Chicken

with Parmesan ranch green beans

NUTRITION per serving—Calories: 422, Carbohydrates: 13g, Fat: 19g, Protein: 48g, Sodium: 1645mg.

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

25-35 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Mild



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**, **seasoning blend**, **butter**, and a pinch of **salt** in provided grill bag. Roll open end of bag to seal and gently shake to mix.



2

Grill the Meal

- Place grill bag, window side up, on hot grill and cook until **green beans** are warmed through, 15-20 minutes. *Do not close grill; heat from a closed grill will cause grill bag window to melt.*
- Place **chicken** on hot grill and cook until browned, 5-7 minutes.
- Flip chicken, and top with **hot sauce** (hot sauce is aptly named; use less if spice-averse) and **blue cheese**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- *If using steaks, follow same instructions, cooking until steak reaches a minimum internal temperature of 145 degrees, 5-7 minutes.*



3

Finish the Dish

- Carefully, open grill bag and scoop out **green beans**.
- Plate dish as pictured on front of card, topping green beans with **Parmesan**. Bon appétit!

For a Rainy Day...

- If cooking indoors, thoroughly rinse produce and pat dry. Pat **chicken** dry. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken 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 remove from burner. Top chicken with **hot sauce** (use less if spice averse) and **blue cheese**, and tent with foil. While chicken cooks, place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add **green beans** to hot pan and stir occasionally until tender, 8-10 minutes. *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.* Remove from burner and stir in **seasoning blend**, **butter**, and ¼ tsp. **salt**. Follow same plating instructions as grilling. Bon appétit!