



In your box

- 1 oz. Teriyaki Glaze
- 1 ½ oz. Hawaiian Sweet and Sour Sauce
- 6 oz. Snap Peas
- 6 oz. Broccoli Florets
- 1 oz. Macadamia Nuts
- ½ tsp. Seasoned Salt Blend
- 2 Pineapple Rings

Customize It Options

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

*Contains: wheat, soy, tree nuts (macadamia nuts)

You will need

Olive Oil, Salt, Pepper, Cooking Spray



Grill-Ready

Sweet and Sour Grilled Chicken

with teriyaki broccoli and snap peas

NUTRITION per serving—Calories: 487, Carbohydrates: 32g, Fat: 20g, Protein: 43g, Sodium: 1617mg.

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

20-30 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy



1

Prepare the Ingredients

- Spray grill with **cooking spray** and heat grill to medium. Thoroughly rinse any fresh produce and pat dry.
- Place **snap peas, broccoli, seasoned salt**, and 1 tsp. **olive oil** in provided grill bag. Roll open end of bag to seal and gently shake to mix.
- Drizzle **chicken** on both sides with 1 tsp. olive oil and season with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using **steak**, follow same instructions.*



3

Finish the Dish

- Carefully, open grill bag and scoop out **vegetables**.
- Plate dish as pictured on front of card, topping vegetables with **teriyaki sauce** and **macadamia nuts**, and **chicken** with **sweet and sour sauce**, and **pineapple**. Bon appétit!



2

Grill the Meal

- Place **grill bag** on hot grill and cook until **vegetables** are tender, 18-20 minutes.
- While grill bag cooks, place **chicken** on hot grill and cook until chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side.
- Transfer chicken to a plate and tent with foil. Rest, 3 minutes. While chicken is resting, place **pineapple rings** on hot grill and cook until browned, 1-2 minutes per side.
- *If using **steaks**, follow same instructions, grilling until steak reaches a minimum internal temperature of 145 degrees, 4-5 minutes per side.*

For a Rainy Day

- If cooking indoors, preheat oven to 400 degrees. Prepare a baking sheet with foil and **cooking spray**. Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Toss **snap peas** and **broccoli** with 2 tsp. **olive oil** and **seasoned salt** on prepared baking sheet. Massage oil and seasoning onto vegetables. Spread into a single layer. Roast in hot oven until charred in places and tender, 14-16 minutes. While vegetables roast, 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. Transfer chicken to a plate and tent with foil. Keep pan over medium heat. Place **pineapple rings** in hot pan and cook until browned, 1-2 minutes per side. Follow same plating instructions.