DINNERLY

Grass-Fed Ground Beef & Chicken Breasts:

Add an Extra Protein Option to your Box!

20-30min 2 Servings

Big LOVE for our veggie dishes! Looking at you, stir-fries, tacos, pizzas, and pastas! But, sometimes we want to have our veggies and M-eat them, too. Whether it's a ravenous teenager, meat-loving dinner guest, or your own simple craving—WE'VE GOT YOU! This is a protein duo for the masses. Hit the chicken or beef with some flavor. Cook 'em up. Serve 'em up. See the smiles. Embrace the praise. We've got your PROTEINS covered!

WHAT WE SEND

- 10 oz pkg grass-fed ground beef
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- sugar or spice or anything nice!

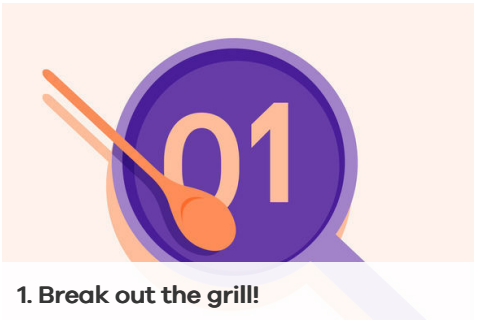
TOOLS

- choose your own cooking adventure!

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

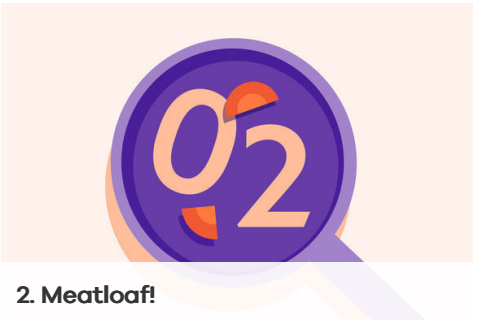
NUTRITION PER SERVING



1. Break out the grill!

Both of these proteins love a good grilling. Burgers–you know the basics, so go ahead and do you. But, if you're looking for a "fancy" recommendation, sneak some cheese inside each patty for a gooey surprise. Cheddar, fontina, blue–whatever you've got on hand.

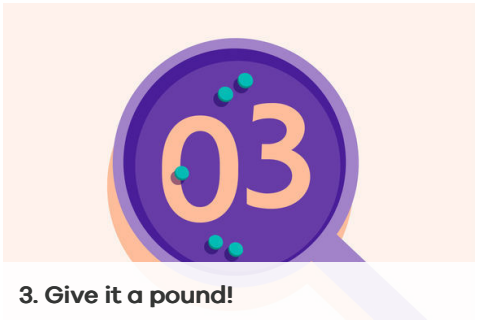
Gonna grill the chicken breasts? Soak them in a marinade first for a flavor infusion.



2. Meatloaf!

People are quick to commit to new food trends. Sure, they're exciting and shiny and new, but, will they be there for you when you really need them? Will they stand the test of time? Meatloaf is dependable and delicious.

If the classic ketchup and onion version doesn't get you going, then kick it up a notch with some sriracha and tamari. Or, go a Tex-Mex route with some taco seasoning.



3. Give it a pound!

Pounding chicken breasts until they're nice and thin does two things: 1) makes for a quick-cook 2) relieves stress.

Thin chicken breasts can be dredged in flour and pan-fried in butter or olive oil. Or you can go all in with a full-blown egg wash, flour, breadcrumb situation. Then you've got the basic start to a chicken Milanese or schnitzel.

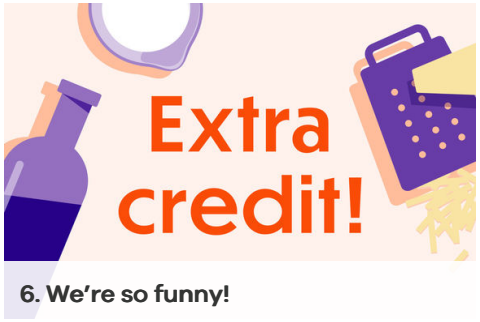
4. That's a good meatball!

Look, we'd never mess with your Nonna's meatball recipe. So if you've got a go-to, who are we to tell you different. But we love a good, non-red sauce meatball, too. Here are some ideas:

Middle-eastern-inspired kefte; Swedish meatballs in a brown sauce; Spanish-style albondigas.

5. Just add chicken!

Take one of your favorite Dinnerly veggie recipes (tacos, fajitas, pastas, stir-fries, ramens, pizzas) and just add chicken!



6. We're so funny!

Why do cows like hearing jokes?

They like to be aMOOsed.