



#1 Chicken Breast, Pork Tenderloin & Turkey:

Add a Lean Protein Variety Pack to your Box!



under 20min



2 Servings

We've combined our favorite lean proteins to make for a protein pack that's light on the fat, but heavy on the flavor. Chicken breasts, pork tenderloin, and ground turkey are simple to fit into your mealtime rotation. Add these protein choices to your favorite Martha Stewart & Marley Spoon meals in order to serve a larger crowd or to turn a vegetarian dish into a meaty entrée! Or cook them up to serve alongside a crisp salad!

What we send

- 12 oz pkg boneless, skinless chicken breasts
- 10 oz pkg pork tenderloin
- 10 oz pkg ground turkey

What you need

- Your choice!

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. Low-Carb Grilled Kebabs!

It's hard to beat grilled kebabs! Cube the chicken, then marinate in a combo of olive oil, lemon juice, dried oregano, and chopped garlic.

Thread on a skewer and grill along with your favorite veggies. Serve with warm pita and tzatziki sauce for dipping.



2. Tex-Mex Chicken

Cut your chicken breasts into strips. Coat the strips in your favorite combo of Tex-mex spices. We're thinking ground cumin, taco seasoning, or chili powder. Or, make a wet marinade using chipotle in adobo, minced garlic, and ground cumin.

Cook in a preheated skillet, then stuff into warm flour tortillas along with sautéed peppers, onions and your favorite toppings!



3. Stuffed Pork Tenderloin

Stuff the pork tenderloin with varying combinations of flavors and ingredients for a fun twist on a standard roast dinner.

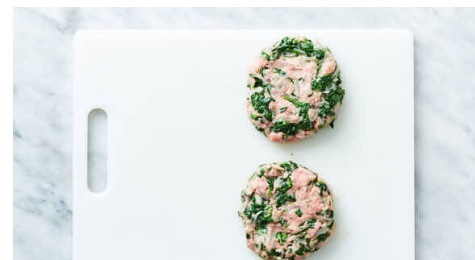
Use the sharp tip of your knife to cut a pocket into the center of your pork tenderloin. Try these combos:

Spinach + Sun-dried tomatoes
Goat cheese + Dried fruit
Bread crumbs + Herbs
Swiss cheese + Mushrooms



4. Grilled Pork

Marinated pork is a great option for throwing on the grill. Choose your favorite marinade - store bought or homemade. You can keep the tenderloin whole or butterfly to make for thinner, quicker-cooking pieces. Place in the marinade, turning to coat. Cover and refrigerate. Remove from the fridge to allow the meat to come to room temperature before cooking. Cook on a hot grill until cooked through.



5. Spinach & Turkey Burgers

Use the ground turkey to reimagine a veggie loaded take on a turkey burger. Mix the meat with finely chopped spinach and shallots. Season generously and shape into patties. Grill until cooked through and serve with your favorite burger toppings.



6. Turkey Meatloaf

Meatloaf is a comfort food classic. And, it is so easy to prepare! Use the tender ground turkey instead of traditional ground beef. Simply mix the turkey with an egg or two, some breadcrumbs, fresh chopped parsley and garlic, and salt and pepper. Bake in a 350°F oven until cooked through.

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com #marthaandmarleyspoon