

# DINNERLY



**Protein  
Variety  
Pack**

## Pork Tenderloin & Chicken Breast Strips:

Add an Extra Protein Option to your Box!



2 Servings

We're big fans of a little self-care. A bubble bath? Sure. Maybe a moment of zen while meditating? Uh-huh. A green smoothie? Ok, fine. A dip into a decadent ice cream sundae? Getting warmer. How about perfectly roasted pork tenderloin? Or a plate full of seared chicken strips? Now that's Dinnerly-style self-care. Go ahead, treat yourself. We've got your PROTEINS covered!

#### WHAT WE SEND

- 10 oz pkg pork tenderloin
- ½ lb pkg chicken breast strips

#### WHAT YOU NEED

- Your choice!

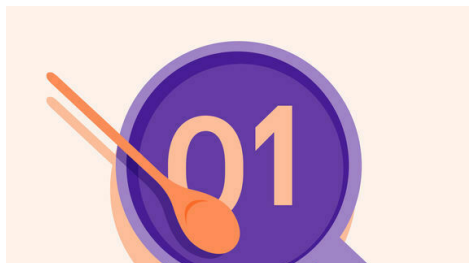
#### TOOLS

- choose your own cooking adventure!

#### ALLERGENS

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

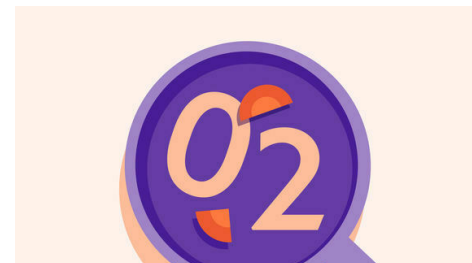
#### NUTRITION PER SERVING



##### 1. Pan roast!

Both chicken and pork tenderloin do really well when seared in a hot skillet and then finished in an oven.

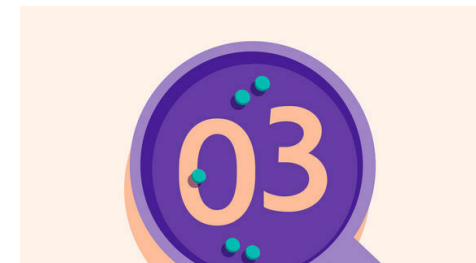
Make it a one-skillet meal by adding your favorite veggies. And, you can change this meal up with the simple addition of fresh herbs or flavorful spices!



##### 2. Keep it light!

Add a dry spice rub or a marinade to your pork tenderloin before you grill, roast, or pan-sear it.

Slice it up and serve on top of a bed of greens and raw veggies for an easy, light solution to dinner!



##### 3. Stuffed pork tenderloin

Feeling like getting extra creative? Stuff the pork tenderloin with varying combinations of flavors and ingredients for a fun twist on a standard roast dinner. Use a sharp knife to cut a pocket into the center of the pork. Then, stuff it with any of these fun combos (or create your own!):

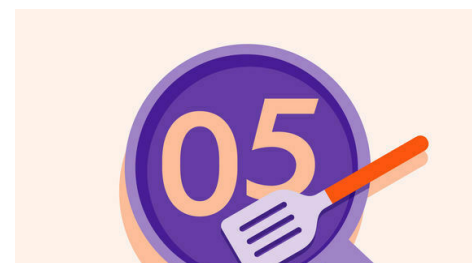
Spinach + Sun-dried tomatoes  
Goat cheese + Dried fruit  
Bread crumbs + Herbs  
Swiss cheese + Mushrooms



##### 4. Grilled chicken!

Winner, winner, grilled chicken dinner!

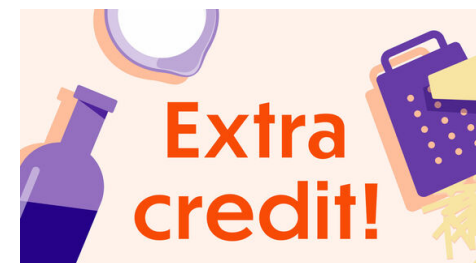
Grilled chicken is everyone's fave and it's for good reason. Since chicken strips may be too small for the grill, use a grill pan instead. Give the chicken strips a bath in a marinade before grilling for use in tacos, fajitas, stir-fries, and pitas. Or, use them for sandwiches and bbq. Your chicken, your choice!



##### 5. Chicken strips, your way!

Oh chicken, how many ways do we love thee? Let us count the ways....

Grilled and stuffed in a tortilla, pita, or roll;  
Roasted with some veggie friends; Stir-fried; Baked in a casserole; Breaded and pan-fried; Battered and shallow-fried; Shredded in a soup; Braised in a stew. The options are endless!



##### 6. We're so funny!

What did the pig say when he was sick?

"Call the hambulance!"