



Grass-Fed Ground Beef, Chicken & Salmon:

Add a Protein Variety Pack to your box!



20-30min



2 Servings

We've combined crowd-pleasing favorites from the land and sea. Chicken breasts, ground beef, and flaky salmon are easy to fit into your mealtime rotation. Mix and match these protein choices with your favorite Marley Spoon meals by adding them to vegetarian dishes or to serve more of a crowd. Or you can order to have on hand for when you're creating your own recipes.

What we send

- 10 oz pkg salmon filets ⁴
- 12 oz pkg boneless, skinless chicken breasts
- 10 oz pkg grass-fed ground beef

What you need

- Your choice!

Tools

- choose your own cooking adventure!

Allergens

Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving



1. Sheet-pan salmon

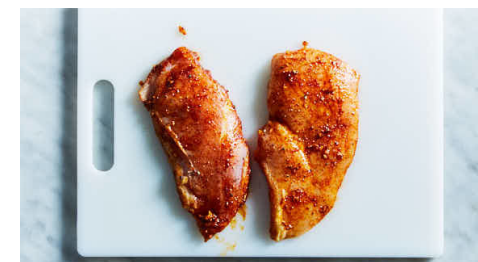
It's a no-brainer to combine quick-cooking salmon and easy-clean-up sheet pan roasts.

Combine quick-cooking veggies like tomatoes, bell peppers, and red onions. Toss with oil and seasoning and then add salmon filets. Roast in the oven until the veggies are tender and the salmon is easily flaked. Toss the roasted veggies on the hot sheet pan with a vinaigrette for a bright lift and warm pan sauce.



2. Please everyone!

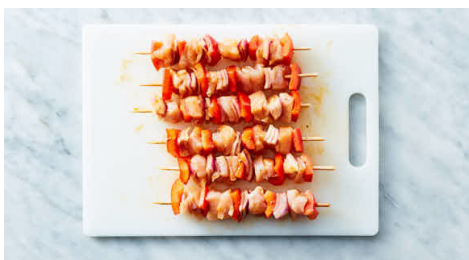
Sometimes we have a combo of vegetarians and carnivores at our table. You too? Choose a dish that's perfect even without meat or fish-maybe a stir-fry or pasta! Cook the protein separately to add for those that wish to partake! Everyone's happy!



3. Tex-Mex

Coat the chicken breasts 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.

Grill or broil to stuff warm flour tortillas along with sautéed peppers, onions and your favorite toppings!



4. 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. Mix the ground beef with egg, ground cumin, ground coriander, grated onion and garlic. Thread on a skewer and grill along with your favorite veggies. Serve with warm pita and tzatziki sauce for dipping.



5. Southeast Asian Inspo




Larb is a popular dish in Laos and some parts of Thailand. It's sautéed ground meat that's heavily seasoned with an assortment of spices and aromatics, like fish sauce, lemongrass, shallots, garlic, fresh chilies and cilantro. Use the ground beef to recreate your own version. Wrap up in fresh bibb or baby gem lettuce leaves and serve with a sweet, sour, salty sauce.



6. Stuffed burgers

One of our favorite uses of ground beef is burgers. We love how we can experiment with flavor profiles with seasoning, sauces, and toppings! Since everyone loves a cheeseburger, switch it up by stuffing the burger with some cheese, rather than going with the usual slice-on-top method. This way you get a gooey surprise in every bite!

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**