



## #1 Steak, Chicken & Pork Tenderloin:

Add a Protein Variety Pack to your Box!



2 Servings

We could all use more grill time in our life—not just for the promise of a tasty meal, but also to gather with friends and family in the great outdoors. This protein pack, which includes tender sirloin steaks, boneless chicken breasts, and pork tenderloin, is a surefire way to guarantee you're always barbecue-ready. Break out your favorite marinades and side salads and you're ready to go.

## What we send

- 2 sirloin steaks
- 12 oz pkg boneless, skinless chicken breasts
- 10 oz pkg pork tenderloin

## What you need

### Tools

#### Allergens

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

#### Nutrition per serving



### 1. Easy Grilled Steaks

Nothing compares to a grilled steak. Everyone has different ideas about what "perfectly cooked" means. Here's a temperature guide:

Rare: 130-135°F Medium-rare: 140°F  
Medium: 155°F Well done: 165°F

Remove from grill once it reaches preferred temperature, then let it rest for 5 minutes before digging in!



### 2. Grilled Steak Salad

Serve your grilled steak with a refreshing summer salad.

In a large bowl, mix together fresh corn, sliced radishes, avocado, some chopped tomatoes, cucumbers, red onion, and a fresh herb like cilantro or parsley.

Dress it with olive oil, salt, pepper, and a squeeze of lime juice.

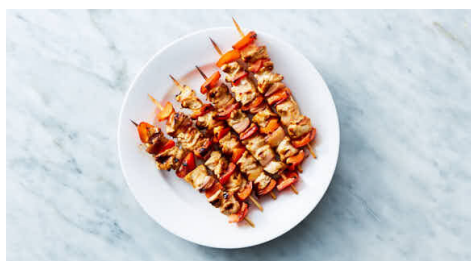


### 3. Honey-Mustard Marinade

Honey-mustard marinade has never been easier. You can use this as a dip, a sauce, a dressing, or just simply brush it over your chicken before popping it on the grill.

The ratio is simple. Combine 1 part honey to 1 part Dijon mustard.

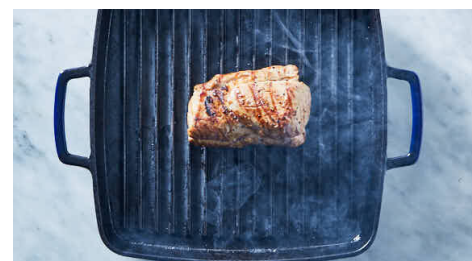
Mix them together in a small bowl, then thin it out with some apple cider vinegar. Season to taste with salt and a touch of cayenne pepper.



### 4. Chicken Skewers

Nothing loves a BBQ like chicken skewers. The best thing about them is that you can mix and match your favorite veggies.

Cut the chicken into 1½-inch pieces, then do the same with a red onion and some bell peppers. Slice some mushrooms in half, and maybe prepare some tomatoes as well.



### 5. Tips: grill a tenderloin

Tenderloins take flavor well, so season it with a dry rub or a marinade. Something as simple as salt, pepper, and garlic works great.

Use a meat thermometer and grill the tenderloin until it reads 135-140°F.







### 6. Grill your toppings

Char-grilled vegetables are perfect to serve on the side of your grilled tenderloin. You can even marinate them prior to grilling to add extra flavor.

A few vegetables that are great for this are zucchini, yellow squash, onions, eggplants, and tomatoes.

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

View the recipe online by visiting your account at [marleyspoon.com](https://marleyspoon.com)     **#marthaandmarleyspoon**