



In your box

- 1 oz. Walnut Halves
- 1 Persian Cucumber
- 1 oz. Goat Cheese
- 3 oz. Balsamic Vinaigrette
- ½ oz. Strawberry Preserves
- 5 oz. Spring Mix
- 4 oz. Grape Tomatoes

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 12 oz. Sirloin Steaks

*Contains: milk, tree nuts (walnuts)

You will need

Mixing Bowl

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Entree Salad



Strawberry-Balsamic Salad with Goat Cheese and Walnuts

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 335, Carbohydrates: 19g, Sugar: 11g, Fiber: 4g, Protein: 7g, Sodium: 575mg, Fat: 24g, Saturated Fat: 5g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

5-10 min.

Cook Within

7 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **chicken breasts**, pat dry, and season both sides with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Cook until chicken reaches a minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- If using **salmon**, pat dry, and season flesh side with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add salmon, skin-side up, to hot pan and sear until golden-brown and salmon reaches a minimum internal temperature, 3-5 minutes per side. Add to salad as desired.
- If using **NY strip steak**, pat dry and season both sides with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Cook steak until browned and steak reaches minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes. Halve to serve. Add to salad as desired.
- If using **sirloin**, pat dry and season both sides with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add steaks to hot pan, and cook until browned and steaks reach minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes. Add to salad as desired.



1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Trim **cucumber** and thinly slice into rounds. Halve **tomatoes**. Combine **balsamic vinaigrette** and **strawberry preserves** in a mixing bowl. Add **spring mix** and tomatoes and toss or gently combine. Top with cucumbers, **goat cheese** (crumbling with your hands, if needed), and **walnuts**. Bon appétit!