



**In your box**

- 1 oz. Crispy Beet Strips
- 3 fl. oz. Dijon Honey Mustard Dressing
- 1 oz. Walnut Halves
- 1 oz. Dried Cranberries
- 1 oz. Goat Cheese
- 5 oz. Baby Spinach

**Customize It Options**

- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts

\*Contains: milk, eggs, wheat, tree nuts (walnuts)

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Entree Salad



# Cranberry & Goat Cheese Spinach Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 423, Carbohydrates: 26g, Sugar: 17g, Fiber: 3g, Protein: 7g, Sodium: 362mg, Fat: 31g, 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 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

### Customize It Instructions

- Cook protein in a medium non-stick pan over medium-high heat with 1 tsp. **olive oil**.
- If using **chicken breasts**, pat dry and season both sides with a pinch of **salt** and **pepper**. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **salmon fillets**, pat dry, and season flesh side with a pinch of salt and pepper. Sear salmon, skin side up, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin**, pat dry and season both sides with a pinch of salt and pepper. Add steaks to hot pan, and cook until browned and steaks reach minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.
- If using **ribeye**, pat dry and season both sides with a pinch of salt and pepper. Add **steaks** to hot pan and cook undisturbed until browned and steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.



### 1. Make the Salad

- Keep **goat cheese** refrigerated until use. Thoroughly rinse any fresh produce and pat dry. Combine **spinach**, goat cheese (crumbling if necessary), **walnuts**, **dried cranberries**, and **dressing**. Garnish with **crispy beet strips**. Bon appétit!