



In your box

- 1 fl. oz. Golden BBQ Sauce
- 3 oz. Corn Kernels
- 3 oz. Matchstick Carrots
- ½ oz. Crispy Fried Onions
- 2 oz. Shredded Cheddar Cheese
- 5 oz. Baby Spinach
- 1 ½ oz. Buttermilk Ranch Dressing

Customize It Options

- 12 oz. Sirloin Steaks
- 10 oz. USDA Choice Sliced Flank Steak
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy

You will need

Mixing Bowl, Microwave-Safe Bowl

Minimum Internal Protein Temperature

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

Entree Salad



Golden BBQ and Ranch Salad

with cheddar and crispy onions

NUTRITION per serving—Calories: 347, Carbohydrates: 26g, Sugar: 10g, Fiber: 4g, Protein: 10g, Sodium: 609mg, Fat: 26g, Saturated Fat: 9g
 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 with a pinch of **salt** and **pepper**. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **flank strips**, separate into a single layer, pat dry, and season with a pinch of salt and pepper. Stir occasionally until no pink remains and steak strips reach minimum internal temperature, 4-6 minutes. Rest, 3 minutes.
- If using **sirloin steaks**, pat dry and season with a pinch of salt and pepper. Cook until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.

1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Place **corn** in a microwave-safe bowl and microwave until warm, 1-2 minutes. Combine **BBQ sauce** and **dressing** in a mixing bowl. Add **spinach**, **carrots**, corn, and **cheese** to bowl with dressing and toss or gently stir to combine. Garnish with **crispy onions**. Bon appétit!