



#### In your box

- 1 oz. Walnut Halves
- 3 fl. oz. Zinfandel Vinaigrette
- 3 oz. Matchstick Carrots
- 1 Gala Apple
- 1 oz. Goat Cheese
- ½ oz. Crispy Fried Onions
- 5 oz. Baby Spinach

#### Customize It Options

- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Filets Mignon
- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks

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

#### Minimum Internal Protein Temperature

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

Entree Salad



## Apple, Walnut, and Goat Cheese Salad

with zinfandel vinaigrette

NUTRITION per serving—Calories: 324, Carbohydrates: 34g, Sugar: 21g, Fiber: 6g, Protein: 8g, Sodium: 1070mg, Fat: 19g, Saturated Fat: 4g  
 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

**7 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

### Customize It Instructions

- Pat proteins dry, and season both sides with a pinch of **salt** and **pepper**. Cook protein in a medium non-stick pan over medium-high heat with 1 tsp. **olive oil**.
- If using **chicken breasts**, cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **filets mignon**, cook until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **pork chops**, cook until pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.
- If using **ahi tuna**, cook until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*



### 1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Quarter **apple** and remove core. Cut into ½" slices. Combine **spinach**, apples, and **carrots** with **vinaigrette**. Garnish with **walnuts**, **goat cheese** (crumbling if necessary), and **crispy onions**. Bon appétit!