



In your box

- 2 oz. Sour Cream
- 2 Dill Sprigs
- 2 oz. Baby Arugula
- 1 ½ oz. Greek Vinaigrette
- ½ oz. Seasoned Croutons
- 1 Lemon
- 1 oz. Feta Cheese Crumbles
- 4 oz. Grape Tomatoes
- 1 tsp. Chimichurri Seasoning

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- 2 Mixing Bowls, Medium Non-Stick Pan



Souvlaki Chicken Breast

with lemon dill crema and arugula feta salad

NUTRITION per serving—Calories: 497, Carbohydrates: 16g, Fat: 30g, Protein: 44g, Sodium: 1466mg.

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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry

Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with **seasoning blend**. Follow same instructions as chicken in Step 1, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Cook the Chicken

- Pat **chicken breasts** dry, and season one side with **seasoning blend** and a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan, seasoned side down, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove to a plate. Tent with foil if necessary.
- While chicken cooks, prepare ingredients.



3

Make the Salad

- In another mixing bowl, combine **arugula**, **tomatoes**, **croutons**, **vinaigrette**, and **feta**.



2

Prepare Ingredients and Make Crema

- Halve **tomatoes**.
- Stem and coarsely chop **dill**.
- Halve and juice **lemon**.
- In a mixing bowl, combine **sour cream**, dill, 2 tsp. **lemon juice**, 2 tsp. **water**, and a pinch of **salt**. Taste, and add more lemon juice if desired. Set aside.



4

Finish the Dish

- Plate dish as pictured on front of card, topping chicken with **lemon dill crema**. Bon appétit!