



In your box

- 3 fl. oz. Jalapeño Ranch Dressing
- 5 oz. Baby Spinach
- 1 oz. Tortilla Strips
- 4 oz. Fresh Ciliegine Mozzarella
- 2 oz. Guacamole

Customize It Options

- 12 oz. Sirloin Steaks
- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs

Minimum Internal Protein Temperature

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

Entree Salad



Southwestern Avocado Mozzarella Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 454, Carbohydrates: 14g, Sugar: 1g, Fiber: 3g, Protein: 13g, Sodium: 744mg, Fat: 36g, Saturated Fat: 12g
 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

Medium

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- If using **sirloin steaks**, 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 until steaks reach minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- 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 2 tsp. olive oil. Cook until chicken breasts reach 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. Cook flesh side down first until salmon reaches minimum internal temperature, 4-6 minutes per side. Add to salad as desired.



1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Toss **spinach** with **dressing** (use less if spice-averse). Top with **guacamole**, **mozzarella**, and **tortilla strips**. Bon appétit!