



In your box

- ½ tsp. Garlic Salt
- 1 oz. Shredded Cheddar-Jack Cheese
- 1 Roma Tomato
- 1 Yellow Onion
- 2 oz. Baby Spinach
- 1 oz. Tortilla Strips
- 3 oz. Buttermilk Ranch Dressing
- 1 oz. Smoky BBQ Sauce
- 1 Romaine Heart

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 10 oz. Steak Strips
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, eggs

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan, Mixing Bowl, Microwave-Safe Bowl, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



BBQ Chicken Ranch Salad

with caramelized onions

NUTRITION per serving—Calories: 611, Carbohydrates: 29g, Sugar: 11g, Fiber: 4g, Protein: 41g, Sodium: 1691mg, Fat: 36g, Saturated Fat: 8g
 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

35-45 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

Customize It Instructions

- If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken
- If using **salmon filets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 3, cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **steak strips**, separate into a single layer, pat dry, and season with a pinch of salt and pepper. Follow same instructions as chicken in Step 3, stirring occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes.



1. Prepare the Ingredients

- Hold **romaine heart** at root end and chop coarsely.
- Halve and peel **onion**. Slice halves into thin strips.
- Core **tomato** and cut into ½" dice.
- Pat **chicken** dry, and season with a pinch of **pepper**.



2. Cook the Onion

- Place **onion** in a microwave-safe bowl and cover with a damp paper towel. Microwave until softened, 4-5 minutes.
- Place a medium non-stick pan over medium heat and add ½ tsp. **olive oil**. Add onion and a pinch of **salt** to hot pan. Stir occasionally until onion is browned, 6-8 minutes.
- Remove from burner and transfer onion to a plate or bowl. Let cool, at least 5 minutes.
- While onion cooks, cook chicken.



3. Cook the Chicken

- Place a large non-stick pan over medium heat and add ½ tsp. **olive oil**. Add **chicken** to hot pan and cook undisturbed until lightly charred, 3-5 minutes.
- Then stir occasionally until browned all over and chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Remove from burner and stir in **BBQ sauce**.
- Transfer chicken to a plate. Wipe pan clean and reserve.



4. Make the Salad

- To a large mixing bowl, add **romaine**, **spinach**, **cheese**, **garlic salt**, **caramelized onion**, **tomatoes**, and **dressing**. Toss or gently stir until combined.



5. Finish the Dish

- Plate dish as pictured on front of card, topping salad with **chicken** and **tortilla strips**. Bon appétit!