



In your box

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

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

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

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



Souvlaki Chicken Breast

with lemon dill crema and arugula feta salad

NUTRITION per serving—Calories: 460, Carbohydrates: 15g, Sugar: 7g, Fiber: 3g, Protein: 40g, Sodium: 1370mg, Fat: 25g, 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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



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. Cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil.
- While chicken cooks, prepare ingredients.



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.

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with **seasoning blend** and a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 1, cooking until fish reaches minimum internal temperature, 4-6 minutes per side.
- If using **NY strip steak**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes. Halve to serve.



3. Make the Salad

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



4. Finish the Dish

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