



Prep & Cook Time **5-10 min.** | Cook Within **5 days** | Difficulty Level **Easy** | Spice Level **Not Spicy**



#### 5 MINUTE LUNCHES

## Chicken, Walnut, and Goat Cheese Grain Bowl

no cooking required

### In your box

6 oz. Pre-Cooked Brown Rice  
2 oz. Baby Spinach  
6 oz. Roasted Chicken Breast  
3 fl. oz. Apple Vinaigrette  
1 ½ oz. Walnut Halves  
1 oz. Goat Cheese

### Make the Salad

- Thoroughly rinse produce and pat dry.
- Stir 1 Tbsp. **water** into **brown rice** and add **roasted chicken**. Cover, and microwave until warmed through, 1-2 minutes.
- Add **spinach**, roasted chicken, and brown rice to a bowl and toss with **dressing**. Garnish with **walnuts** and **goat cheese**. Bon appétit!

NUTRITION per serving Calories: 581, Carbohydrates: 50g,  
Fat: 33g, Protein: 28g, Sodium: 570mg.  
CONTAINS milk, tree nuts (walnuts)

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.