Make the Salad

- Thoroughly rinse produce and pat dry. Drain **artichokes**, rinse, and pat dry. Coarsely chop artichokes. Combine **spinach**, **arugula**, **roasted red peppers**, and artichokes in a bowl and toss with **balsamic vinaigrette**. Garnish with **Parmesan** and **pine nuts**. Bon appétit!

Customize It Instructions

- If using **NY Strip Steak**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add steak to hot pan, and cook until browned and steaks reach a minimum internal temperature of 145 degrees, 9-11 minutes per side. Cut into ¼" pieces and serve on salad

- If using **roasted chicken breast**, remove from packaging and microwave until warm, 1-2 minutes. Serve on salad.

- 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. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side. Flake at the end.

In your box

2 oz. Baby Arugula
2 oz. Baby Spinach
½ oz. Pine Nuts
3 oz. Roasted Red Peppers
3 oz. Balsamic Vinaigrette
1 oz. Shredded Parmesan Cheese
2 oz. Artichoke Hearts

Customize It Options

12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
14 oz. USDA Choice New York Strip Steak (Serves 2)
12 oz. Fully Cooked Roasted Chicken Breast

*Contains: milk, tree nuts (pine nuts), fish (salmon)

HOME CHEF

Entrée Salads

Artichoke and Spinach Salad
no cooking required and 5 minute prep

NUTRITION per serving–Calories: 270, Carbohydrates: 13g, Fat: 21g, Protein: 8g, Sodium: 778mg.
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	Cook Within	Difficulty Level	Spice Level
5-10 min.	7 days	Easy	Not Spicy