



In your box

- 3 oz. Feta Cheese Crumbles
- 5 oz. Baby Spinach
- 2 fl. oz. Creamy Italian Dressing
- 1 oz. Pitted Kalamata Olives
- 1 Tbsp. Sun-Dried Tomato Pesto
- 1 Persian Cucumber
- 1 oz. Crispy Chickpeas

Customize It Options

- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13 oz. Boneless Skinless Chicken Breasts
- 8 oz. Shrimp

*Contains: milk

You will need

Mixing Bowl

Minimum Internal Protein Temperature

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

Entree Salad



Mediterranean Feta and Spinach Salad with Crispy Chickpeas

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 344, Carbohydrates: 20g, Sugar: 3g, Fiber: 6g, Protein: 14g, Sodium: 1119mg, Fat: 32g, Saturated Fat: 7g
 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

Not Spicy

Before you cook

All cook times are approximate based on testing.



Customize It Instructions

- 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 1 tsp. **olive oil**. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- If using **salmon fillets**, 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. Sear salmon, skin side up, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side. Add to salad as desired.
- If using **NY strip steak**, 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 steak until browned and steak reaches minimum internal temperature, 7-10 minutes per side. Add to salad as desired.
- If using **shrimp**, pat dry and season with a pinch of salt and pepper. Heat 1 tsp. olive oil in a large non-stick pan over medium-high heat. Cook shrimp until opaque and shrimp reaches minimum internal temperature, 2-3 minutes per side. Add to salad as desired.

1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Trim **cucumber** and thinly slice into rounds. Halve **olives**. In a mixing bowl, combine **pesto** and **dressing**. Add cucumbers, olives, and **spinach** to bowl and toss or gently stir to combine. Garnish with **cheese** and **chickpeas**. Bon appétit!