



**In your box**

- 1 oz. Smoked Almonds
- 4 oz. Grape Tomatoes
- 2 oz. Cheese and Garlic Croutons
- 2 oz. Blue Cheese Crumbles
- 2 fl. oz. Buttermilk Ranch Dressing
- 2 Romaine Hearts

**Customize It Options**

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

\*Contains: milk, eggs, wheat, soy, tree nuts (almonds)

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Entree Salad



# Romaine and Blue Cheese Salad with Grape Tomatoes and Smoked Almonds

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 495, Carbohydrates: 31g, Sugar: 10g, Fiber: 6g, Protein: 13g, Sodium: 968mg, Fat: 36g, Saturated Fat: 10g  
 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
<b>5 min.</b>	<b>5 days</b>	<b>Easy</b>	<b>Not Spicy</b>

## Before you cook

All cook times are approximate based on testing.



### Customize It Instructions

- If using **filet**, pat dry and season both sides with a pinch of **salt** and **pepper**. Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and cook until filets reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Add to salad as desired.
- 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 filets**, 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. Rest, 3 minutes. Add to salad as desired.

### 1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Hold **romaine hearts** at root ends and coarsely chop. Halve **tomatoes**. Combine romaine, **dressing**, **blue cheese** (to taste), and tomatoes. Top with **almonds** and **croutons**. Bon appétit!