



Make the Salad

- Thoroughly rinse produce and pat dry. Core apple and cut into thin slices. Using a fork, combine dressing and miso in a mixing bowl until smooth. Toss spinach, carrots, edamame, and apple in bowl with miso-dressing mixture. Garnish with wonton strips. Bon appétit!

Customize It Instructions

- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes.
- If using chicken, pat dry and cut into 1" dice, if needed. Season with ¼ tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium-high heat and add 2 tsp. olive oil. Add chicken to hot pan and stir occasionally until chicken browns and reaches a minimum internal temperature of 165 degrees, 5-7 minutes.

In your box

- 1 Fuji Apple
- 3 fl. oz. Apple Vinaigrette
- 2 tsp. Miso Paste
- 5 oz. Baby Spinach
- ½ oz. Wonton Strips
- 3 oz. Matchstick Carrots
- 3 oz. Edamame

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 12 oz. Fully Cooked Roasted Chicken Breast
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: wheat, soy



Entrée Salads

Apple Miso Crunch Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 322, Carbohydrates: 35g, Fat: 17g, Protein: 8g, Sodium: 409mg.

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

5-10 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy