



In your box

- 3 oz. Golden Italian Dressing
- 1 fl. oz. Honey
- 1 oz. Blue Cheese Crumbles
- 1 oz. Smoked Almonds
- 4 oz. Grape Tomatoes
- 5 oz. Spring Mix
- 3 oz. Shredded Red Cabbage

Customize It Options

- 12 oz. Filets Mignon
- 12 oz. Salmon Fillets
- 8 oz. Shrimp
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, soy, tree nuts (almonds)

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



Spring Mix Salad with Honey Italian Vinaigrette and Blue Cheese

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 379, Carbohydrates: 29g, Sugar: 20g, Fiber: 4g, Protein: 7g, Sodium: 629mg, Fat: 26g, Saturated Fat: 5g
 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

7 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



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 a minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- 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 minimum internal temperature, 4-6 minutes per side. Add to salad as desired.
- If using **filet mignon**, 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 steaks to hot pan and cook until browned and steaks reach minimum internal temperature, 5-8 minutes per side. Add to salad as desired.
- If using **shrimp**, pat dry and season all over with a pinch of salt and pepper. Heat 1 tsp. olive oil in a large non-stick pan over medium-high heat. Add shrimp to hot pan and cook undisturbed until seared on one side, 2-3 minutes. Flip, and cook until shrimp reaches minimum internal temperature, 1-2 minutes. Add to salad as desired.

1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Halve **tomatoes**. In a mixing bowl, combine **Italian dressing** and **honey**. Toss or gently combine **spring mix**, **red cabbage**, and tomatoes. Garnish with **blue cheese** and **smoked almonds**. Bon appétit!