



In your box

- 1 oz. Pecans
- ½ oz. Crispy Fried Onions
- 2 fl. oz. Poppyseed Dressing
- ½ oz. Blue Cheese Crumbles
- 4 oz. Grape Tomatoes
- 2 Romaine Hearts
- 1 Fuji Apple

Customize It Options

- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, tree nuts (pecans)

Minimum Internal Protein Temperature

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

Entree Salad



Apple and Blue Cheese Salad with Grape Tomatoes

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 377, Carbohydrates: 35g, Sugar: 22g, Fiber: 7g, Protein: 6g, Sodium: 344mg, Fat: 25g, 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 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 **sirloin steaks**, 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. Add steaks to hot pan and cook until browned and steaks reach minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- If using **filets mignon**, 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 steaks reach minimum internal temperature, 4-6 minutes per side. Add to salad as desired.



1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Quarter **apple** and remove core. Cut into ¼" slices. Hold **romaine heart** at root end and chop coarsely. Combine romaine, **pecans**, **blue cheese** (to taste), apple, tomatoes, and **dressing**. Garnish with **crispy onions**. Bon appétit!