



## Make the Salad

- Thoroughly rinse produce and pat dry. Drain artichokes, rinse, and pat dry. Coarsely chop artichokes. Combine spinach, arugula, roasted red peppers, and artichokes in a bowl and toss with balsamic vinaigrette. Garnish with Parmesan and pine nuts. Bon appétit!

## Customize It Instructions

- If using NY Strip Steak, pat dry and season both sides with ¼ tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add steak to hot pan, and cook until browned and steaks reach a minimum internal temperature of 145 degrees, 9-11 minutes per side. Cut into ¼" pieces and serve on salad
- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes. Serve on salad.
- 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 a minimum internal temperature of 145 degrees, 3-5 minutes per side. Flake and serve on salad..

### In your box

3 oz. Roasted Red Peppers  
2 oz. Baby Arugula  
1 oz. Shredded Parmesan Cheese  
3 oz. Balsamic Vinaigrette  
½ oz. Pine Nuts  
2 oz. Baby Spinach  
2 oz. Artichoke Hearts

### Customize It Options

12 oz. Fully Cooked Roasted Chicken Breast  
14 oz. USDA Choice New York Strip Steak (Serves 2)  
12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

\*Contains: milk, tree nuts (pine nuts), fish (salmon)



## Entrée Salads

# Artichoke and Spinach Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 270, Carbohydrates: 13g, Fat: 21g, Protein: 8g, Sodium: 778mg.

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

6 days

Difficulty Level

Easy

Spice Level

Not Spicy