



In your box

- 3 oz. Matchstick Carrots
- 3 oz. Pineapple Chunks
- 3 oz. Snap Peas
- 3 fl. oz. Asian Sesame Dressing
- 1 oz. Macadamia Nuts
- 5 oz. Baby Spinach
- Customize It Options
- 8 oz. Shrimp
- 12 oz. Salmon Fillets
- 12 oz. Fully Cooked Roasted Chicken Breast

*Contains: wheat, soy, tree nuts (macadamia nuts), fish (salmon), shellfish (shrimp)

Make the Salad

- Thoroughly rinse produce and pat dry. If desired, pull strings from snap peas. Halve across the width, exposing peas inside. In a mixing bowl, toss spinach, carrots, snap peas, pineapple, and dressing. Garnish with macadamia nuts. Bon appétit!

Customize It Instructions

- If using roasted chicken breast, place chicken in a microwave-safe bowl and microwave until warm, 1-2 minutes. Add to salad and toss.
- If using salmon, pat fillets dry and season flesh side with $\frac{1}{4}$ tsp. salt and a pinch 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. Flake and serve on salad
- If using shrimp, pat shrimp dry and season both sides with a pinch 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. Serve on salad.



Entrée Salads

Hawaiian Sesame Pineapple Salad

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 355, Carbohydrates: 25g, Fat: 27g, Protein: 5g, Sodium: 721mg.

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