



In your box

8 ½ oz. Cooked Brown Rice, Farro, & Barley Blend
3 fl. oz. Italian Romano Dressing
4 oz. Grape Tomatoes
1 oz. Crispy Fried Onions
2 oz. Shredded Mozzarella
5 oz. Spring Mix

Customize It Options

10 oz. USDA Choice Sliced Flank Steak
8 oz. Shrimp
13 oz. Boneless Skinless Chicken Breasts
14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)

*Contains: milk, wheat

Minimum Internal Protein Temperature

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

Entree Salad



Italian Farro Salad

with mozzarella and crispy onions

NUTRITION per serving—Calories: 436, Carbohydrates: 34g, Sugar: 6g, Fiber: 2g, Protein: 12g, Sodium: 1192mg, Fat: 26g, Saturated Fat: 8g
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

7 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

Customize It Instructions

- Cook protein in a medium non-stick pan over medium-high heat with 1 tsp. **olive oil**.
- If using **chicken breasts**, pat dry and season with a pinch of **salt** and **pepper**. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **shrimp**, pat dry and season with a pinch of salt and pepper. Cook until opaque and shrimp reach minimum internal temperature, 2-3 minutes per side.
- If using **flank steak**, separate steak strips into a single layer, pat dry, and season with a pinch of salt and pepper. Stir occasionally until no pink remains and steak strips reach minimum internal temperature, 4-6 minutes. per side. Rest, 3 minutes.
- If using **NY strip steak**, pat dry and season all over with a pinch of salt and pepper. Cook until steak reaches minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes. Halve to serve.



1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Carefully massage **farro** in bag to break up any clumps. Tear a small slit in an upper corner of bag to vent. Place upright in microwave and heat, 45 seconds. Remove farro from packaging. Toss or gently mix **spring mix**, **tomatoes**, half the farro (use the rest as you please!), and **dressing**. Top with **cheese** and **crispy onions**. Bon appétit!