



### Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Thinly slice figs. In a mixing bowl, combine balsamic vinaigrette and balsamic glaze. Add spinach and arugula, figs, and carrots. Gently stir or toss to combine. Garnish with blue cheese (to taste) and walnuts. Bon appétit!

### Customize It Instructions

- If using roasted chicken breast, remove from packaging and microwave until warm, 1-2 minutes. Add to salad and combine.
- If using filet 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 steaks to hot pan and cook until steaks reach a minimum internal temperature of 145 degrees, 5-8 minutes per side. Serve on the side, or slice and add to salad.
- 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, 7-10 minutes per side. Halve to serve.

### In your box

3 oz. Matchstick Carrots  
1 ½ oz. Balsamic Vinaigrette  
1 oz. Balsamic Glaze  
1 oz. Walnut Halves  
1 oz. Blue Cheese  
2 oz. Dried Figs  
2 oz. Baby Spinach  
2 oz. Baby Arugula

### Customize It Options

12 oz. Filets Mignon  
14 oz. USDA Choice New York Strip Steak (Serves 2)  
12 oz. Fully Cooked Roasted Chicken Breast—Double Portion

\*Contains: milk, tree nuts (walnuts)

### You will need

Mixing Bowl



### Entrée Salads

# Fig and Arugula Salad with Walnuts and Balsamic Vinaigrette

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 347, Carbohydrates: 31g, Fat: 20g, Protein: 8g, Sodium: 481mg.

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