



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. *If pineapple is frozen, rinse under cold water until thawed.* Coarsely chop **pineapple**. Toss **spring mix, carrots, pineapple,** and **red peppers** with **dressing**. Garnish with **toasted coconut** and **crispy jalapeños** (to taste). 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 **cooked beef steak strips**, remove from packaging and microwave until warm, 1-2 minutes. Add to salad and combine.
- If using **shrimp**, pat dry and season all over with a pinch of **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 a minimum internal temperature of 145 degrees, 1-2 minutes. Add to salad.

In your box

3 oz. Frozen Pineapple
½ oz. Crispy Jalapeños
3 oz. Roasted Red Peppers
5 oz. Spring Mix
2 Tbsp. Toasted Coconut
3 oz. Matchstick Carrots
3 fl. oz. Asian Sesame Dressing

Customize It Options

12 oz. Fully Cooked Beef Steak Strips–Double Portion
12 oz. Fully Cooked Roasted Chicken Breast–Double Portion
8 oz. Shrimp

*Contains: milk, wheat, soy, tree nuts (coconuts), shellfish (shrimp)



Entrée Salads

Red Pepper and Pineapple Tropical Salad

no cooking required and 5 minute prep

NUTRITION per serving–Calories: 356, Carbohydrates: 32g, Fat: 23g, Protein: 3g, Sodium: 808mg.

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

Mild