



**In your box**

- 2 Romaine Heart
- 3 oz. Matchstick Carrots
- 2 oz. Cheese and Garlic Croutons
- 1 Roma Tomato
- 2 oz. Shredded Cheddar Cheese
- 🌶️ 4 fl. oz. Jalapeño Ranch Dressing

**Customize It Options**

- 12 oz. Filets Mignon
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 10 oz. Ahi Tuna Steaks

\*Contains: milk, eggs, wheat, soy

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Entree Salad



# Wedge Salad

with jalapeño ranch dressing

NUTRITION per serving—Calories: 520, Carbohydrates: 32g, Sugar: 11g, Fiber: 6g, Protein: 14g, Sodium: 1009mg, Fat: 38g, Saturated Fat: 13g  
 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	Cook Within	Difficulty Level	Spice Level
<b>5-10 min.</b>	<b>5 days</b>	<b>Easy</b>	<b>Spicy</b>

## 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 **diced chicken**, pat dry and season with a pinch of **salt** and **pepper**. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- 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 **filets mignon**, pat dry and season with a pinch of salt and pepper. Cook until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **ahi tuna**, pat dry and season both sides with a pinch of salt and pepper. Cook until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*



### 1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Hold **romaine hearts** at root ends and cut into quarters lengthwise into "wedge" shape. Core **tomato** and cut into ½" dice. Toss or gently combine romaine, tomato, **carrots**, and **dressing** (taste first; dressing can be spicy). Top with **croutons** and **cheese**. Bon appétit!