



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Place corn in a microwave-safe bowl and microwave until warm, 1-2 minutes. Combine BBQ sauce and dressing in a mixing bowl. Add spinach, carrots, corn, and cheese to bowl with dressing and toss or gently stir to combine. Garnish with crispy onions. 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 chicken breasts, pat dry, and season both sides with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 1 tsp. olive oil. Add chicken and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Remove from burner. 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. Slice and add to salad.

In your box

3 oz. Matchstick Carrots
1 oz. Crispy Fried Onions
5 oz. Baby Spinach
2 oz. Shredded Cheddar Cheese
3 oz. Buttermilk Ranch Dressing
3 oz. Corn Kernels
1 fl. oz. Golden BBQ Sauce

Customize It Options

14 oz. USDA Choice New York Strip Steak (Serves 2)
12 oz. Fully Cooked Roasted Chicken Breast–Double Portion
13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy

You will need

Microwave-Safe Bowl, Mixing Bowl



Entrée Salads

Golden BBQ and Ranch Salad with Cheddar Cheese and Crispy Onions

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 495, Carbohydrates: 31g, Fat: 38g, Protein: 11g, Sodium: 819mg.

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