



In your box

- 1 oz. Crispy Chickpeas
- 3 oz. Roasted Red Peppers
- 1 oz. Crispy Fried Onions
- 5 oz. Baby Spinach
- 1 oz. Feta Cheese Crumbles
- 2 fl. oz. Sweet Vidalia Onion Dressing

Customize It Options

- 12 oz. Sirloin Steaks
- 12 oz. Salmon Fillets
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, wheat

Minimum Internal Protein Temperature

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

Entree Salad



Roasted Red Pepper and Crispy Chickpea Salad with Sweet Vidalia Onion Dressing

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 299, Carbohydrates: 29g, Sugar: 11g, Fiber: 5g, Protein: 9g, Sodium: 585mg, Fat: 19g, Saturated Fat: 5g
 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

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
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Customize It Instructions

- 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 to hot pan, and cook until browned and chicken reaches minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- If using **salmon**, pat dry and season flesh side with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add salmon, skin side up, to hot pan and sear until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side. Add to salad as desired.
- If using **sirloin**, pat dry, and season both sides with a pinch of salt and pepper. Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add steaks to hot pan, and cook until browned and steaks reach minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- If using **NY strip steak**, pat dry and season both sides with a pinch of salt and 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 steak reaches minimum internal temperature, 7-10 minutes per side. Halve to serve. Add to salad as desired.



1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Cut **roasted red pepper** into ½" dice. Toss or gently combine **spinach**, **chickpeas**, roasted red peppers, and **dressing**. Top with **goat cheese** (crumbling with your hands if needed) and **crispy onions**. Bon appétit!