



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Place **edamame** in a microwave-safe bowl and microwave until warm, 1-2 minutes. Trim **cucumber** and thinly slice into rounds. Toss **spinach**, edamame, and cucumber with **dressing**. Garnish with **wonton strips** and **peanuts**. 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 **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 a minimum internal temperature of 145 degrees, 4-6 minutes per side. Flake, and add to salad.

In your box

1 oz. Roasted Peanuts
1 oz. Wonton Strips
1 Persian Cucumber
5 oz. Baby Spinach
5 oz. Edamame
3 fl. oz. Asian Sesame Dressing

Customize It Options

12 oz. Salmon Fillets
12 oz. Fully Cooked Roasted
Chicken Breast—Double Portion

*Contains: wheat, peanuts, soy

You will need

Microwave-Safe Bowl



Entrée Salads

Spinach Edamame Salad with Asian Sesame Dressing and Peanuts

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 448, Carbohydrates: 28g, Fat: 31g, Protein: 15g, Sodium: 774mg.

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