



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. Toss spinach mix, tomatoes, edamame, matchstick carrots, and dressing to combine. Top with wonton strips and crispy red peppers. 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 scallops, pat dry and season all over with a pinch of salt and pepper. Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil. Add scallops to hot pan and cook until scallops reach a minimum internal temperature of 145 degrees, 1-2 minutes per side. Remove from burner and add to salad as desired. Scallops will vary in amount as they are portioned by weight. Don't worry, the sweet flavor and tender texture will be the same.

In your box

3 oz. Matchstick Carrots
4 oz. Grape Tomatoes
4 oz. Miso Dressing
3 oz. Edamame
5 oz. Baby Spinach
½ oz. Crispy Red Peppers
½ oz. Wonton Strips

Customize It Options

8 oz. Scallops
12 oz. Fully Cooked Roasted Chicken Breast—Double Portion

*Contains: wheat, soy, shellfish (scallops)

You will need

Microwave-Safe Bowl



Entrée Salads

Spinach and Edamame Salad with Ginger-Miso Dressing

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 439, Carbohydrates: 34g, Fat: 31g, Protein: 10g, Sodium: 821mg.

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

5-10 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy