



#### In your box

2 tsp. Hot Sauce  
1 oz. Blue Cheese  
5 oz. Baby Spinach  
3 oz. Shredded Red Cabbage  
3 oz. Matchstick Carrots  
3 fl. oz. Buttermilk Ranch Dressing  
2 oz. Crispy Chickpeas

#### Customize It Options

13 oz. Boneless Skinless Chicken Breasts  
12 oz. Fully Cooked Roasted Chicken Breast—Double Portion

\*Contains: milk, eggs

#### You will need

Microwave-Safe Bowl

#### Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Combine **chickpeas** and **hot sauce** (to taste) in a microwave-safe bowl and microwave until warmed through, 30 seconds. Toss **spinach**, **cabbage**, and **carrots** with **dressing**. Top with chickpeas and **blue cheese**, crumbling with your hands, if needed. 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**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Add to salad as desired.



#### Entrée Salads

## Crispy Buffalo Chickpea Salad with Buttermilk Ranch Dressing

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 393, Carbohydrates: 30g, Fat: 26g, Protein: 11g, Sodium: 993mg.

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

Mild