



In your box

- 4 oz. Artichoke Hearts
- 1 oz. Roasted Sliced Almonds
- 5 oz. Baby Spinach
- 1 oz. Feta Cheese Crumbles
- 2 oz. Farro with Tomato and Herb
- 1 tsp. "Everything Bagel" Seasoning
- 3 fl. oz. Citrus Dijon Vinaigrette

Customize It Options

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

*Contains: milk, wheat, tree nuts (almonds)

Minimum Internal Protein Temperature

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

Entree Salad



Artichoke Salad with Feta and Farro

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 412, Carbohydrates: 26g, Sugar: 7g, Fiber: 4g, Protein: 16g, Sodium: 695mg, Fat: 34g, Saturated Fat: 6g
 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

7 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

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**. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side. Add to salad as desired.
- If using **salmon filets**, 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. Sear salmon, skin side up, until golden brown and salmon reaches minimum internal temperature, 4-6 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. Cook steak until browned and steak reaches minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes. Halve to serve. 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. Rest, 3 minutes. Add to salad as desired.



1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Toss **spinach**, **farro**, **artichokes**, and **seasoning blend** with **vinaigrette**. Garnish with **almonds** and **feta** (crumbling with your hands, if needed). Bon appétit!