



Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Halve **tomatoes**. Toss **spinach**, **seasoning blend**, and **diced peppers** with **dressing**. Top with tomatoes, **crispy chickpeas**, and **feta** (crumbling with your hands, if needed). Bon appétit!

Customize It Instructions

- If using **chicken breast**, 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 breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side. Add to salad as desired.
- If using **steaks**, 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 steaks to hot pan and cook until browned and steak reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side. Add to salad as desired.
- If using **mahi-mahi**, pat dry and season both sides with $\frac{1}{4}$ tsp. salt and a pinch of pepper. Place a medium non-stick pan over medium heat and add 1 tsp. olive oil. Add mahi-mahi to hot pan. Cook until mahi-mahi reaches desired doneness (medium-rare to well-done), 2-4 minutes per side for medium. *Consuming raw or undercooked mahi-mahi may increase your risk for food-borne illness.* Add to salad as desired.

In your box

5 oz. Baby Spinach
 4 oz. Grape Tomatoes
 1 tsp. Buttermilk-Dill Seasoning
 3 oz. Greek Vinaigrette
 4 oz. Mixed Diced Peppers
 $\frac{1}{2}$ oz. Crispy Chickpeas
 1 oz. Feta Cheese Crumbles

Customize It Options

12 oz. Mahi-Mahi Fillets
 12 oz. Sirloin Steaks
 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, eggs



Entrée Salads

Israeli Salad with Bell Peppers, Crispy Chickpeas and Feta

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 320, Carbohydrates: 17g, Fat: 27g, Protein: 8g, Sodium: 1031mg.

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