



In your box

- 5 oz. Spring Mix
- 3 oz. Matchstick Carrots
- 1 oz. Garlic & Herb Goat Cheese
- ¾ oz. Roasted Pistachios
- 3 fl. oz. Citrus Dijon Vinaigrette
- 2 oz. Dried Figs

Customize It Options

- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Sirloin Steaks
- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

*Contains: milk, tree nuts (pistachios)

Minimum Internal Protein Temperature

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

Entree Salad



Fig and Herbed Goat Cheese Salad with Pistachio and Citrus Dijon Vinaigrette

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 467, Carbohydrates: 33g, Sugar: 24g, Fiber: 6g, Protein: 13g, Sodium: 268mg, Fat: 32g, 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

5 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 **pork chops**, 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 pork reaches minimum internal temperature, 5-7 minutes per side. 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. Add to salad as desired.
- If using **ribeye**, pat dry and season both sides with a pinch of salt and pepper. Heat 2 tsp. olive oil in a medium non-stick pan over medium-high heat. Add steaks to hot pan and cook undisturbed until browned and steaks reach minimum internal temperature, 4-6 minutes per side. Halve to serve. Add to salad as desired.



1. Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Halve **figs**. Toss or gently combine **spring mix**, **matchstick carrots**, and figs with **dressing**. Garnish with **goat cheese** (crumbling with your hands if needed) and **pistachios**. Bon appétit!