Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Trim **cucumber** and thinly slice into rounds. Toss **spring mix**, cucumbers, **blueberries**, and **pistachios** with **dressing**. Garnish with **goat 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.

- 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. Add salmon, skin-side up, to hot pan and sear until golden-brown and salmon reaches a minimum internal temperature of 145 degrees, 3-5 minutes per side. Add to salad as desired.

In your box

5 oz. Spring Mix
1 oz. Dried Blueberries
2 Persian Cucumbers
3 fl. oz. Sweet Vidalia Onion Dressing
1 oz. Garlic & Herb Goat Cheese
¾ oz. Roasted Pistachios

Customize It Options

12 oz. Fully Cooked Roasted Chicken Breast–Double Portion
12 oz. Salmon Fillets
13 oz. Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (pistachios)

HOME CHEF

Entrée Salads

Blueberry, Goat Cheese and Pistachio Salad with Sweet Onion Dressing
no cooking required and 5 minute prep

NUTRITION per serving–Calories: 364, Carbohydrates: 34g, Fat: 22g, Protein: 8g, Sodium: 335mg.
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	Cook Within	Difficulty Level	Spice Level
5 min.	5 days	Easy	Not Spicy