



Make the Salad

- Halve **tomatoes**. Mix **lemon juice**, **basil pesto aioli**, and 2 Tbsp. **water** in a mixing bowl until completely combined. Place **peas** in a microwave-safe bowl and microwave until warmed through, 30 seconds. Add **spinach** and **Parmesan** to bowl with lemon-basil dressing and toss or gently stir to combine. Garnish with **peas**, **tomatoes**, and **almonds**. Bon appétit!

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 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, 4-6 minutes per side. Add to salad as desired.

In your box

5 oz. Baby Spinach
2 fl. oz. Basil Pesto Aioli
½ oz. Sliced Almonds
.14 oz. Lemon Juice
1 oz. Grated Parmesan
4 oz. Grape Tomatoes
3 oz. Peas

Customize It Options

13 oz. Boneless Skinless Chicken Breasts

12 oz. Salmon Fillets

*Contains: milk, eggs, soy, tree nuts (almonds)

You will need

Mixing Bowl,
Microwave-Safe Bowl



Entrée Salads

Spring Spinach Pesto Salad with Almonds and Tomatoes

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 342, Carbohydrates: 15g, Fat: 26g, Protein: 12g, Sodium: 492mg.

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