



In your box

4 oz. Grape Tomatoes
1 Persian Cucumber
½ oz. Strawberry Preserves
3 oz. Balsamic Vinaigrette
1 oz. Goat Cheese
5 oz. Spring Mix
1 oz. Walnut Halves

Customize It Options

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

*Contains: milk, tree nuts (walnuts)

You will need

Mixing Bowl

Make the Salad

- Thoroughly rinse any fresh produce and pat dry. Trim **cucumber** and thinly slice into rounds. Halve **tomatoes**. Combine **balsamic vinaigrette** and **strawberry preserves** in a mixing bowl. Toss or gently combine **spring mix** and tomatoes with vinaigrette. Top with cucumbers, **goat cheese** (crumbling with your hands, if needed), and **walnuts**. 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 **mahi-mahi**, 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 **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.



Entrée Salads

Strawberry-Balsamic Salad with Goat Cheese

no cooking required and 5 minute prep

NUTRITION per serving—Calories: 335, Carbohydrates: 19g, Fat: 24g, Protein: 8g, Sodium: 575mg.

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

5-10 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy