



HARVEST CHICKEN & SPINACH SALAD WITH FETA

FAST & FRESH

Pear, Pecans & Creamy Balsamic Dressing

BOX TO PLATE: 15 MINUTES

HELLO

FAST & FRESH

A super-speedy meal designed by our chefs that delivers a delicious dinner to your table in 15 minutes or less!

BUST OUT

- Paper towels
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)



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CALORIES: 680

1 SIZZLE



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 2 TBSP
Bold & Savory
Steak Spice

- Pat **chicken*** dry; season all over with **Bold and Savory Steak Spice, salt, and pepper.**
- Drizzle **oil** in a hot large pan. Add **chicken**; cook until browned and cooked through, 5-7 minutes per side. **TIP: Lower heat if chicken begins to brown too quickly.**
- Transfer **chicken** to a cutting board to rest.



2 PREP



1 | 2
Pear

- While chicken cooks, **wash and dry produce.**
- Halve, core, and thinly slice **pear.**



3 TOSS



5 oz | 10 oz
Spinach



3 oz | 6 oz
Creamy Balsamic
Dressing
Contains: Eggs



1 oz | 2 oz
Dried
Cranberries



½ oz | 1 oz
Pecans
Contains:
Tree Nuts



2 | 4
Croutons
Contains: Milk,
Wheat



½ Cup | 1 Cup
Feta Cheese
Contains: Milk

- In a large bowl, toss **spinach** with **dressing** until evenly coated. Taste and season with **salt and pepper** if desired.
- Add **pear, cranberries, pecans, croutons, and cheese**; toss to combine. **TIP: Add a drizzle of olive oil if salad seems dry.**



4 SERVE

- Slice **chicken** crosswise.
- Divide **salad** between bowls; top **salad** with **chicken** and serve.



*Chicken is fully cooked when internal temperature reaches 165°.