

# Za'atar Chicken & Farro Salad

*with Beet, Goat Cheese & Pistachios*

In this elegant dish, we're taking the classic combination of tangy goat cheese and sweet red beet and giving it delicious Middle Eastern flair. Seasoned with za'atar—a traditional Middle Eastern spice blend of oregano, sesame seeds and sumac—the pan-seared chicken is lightly smoky, crispy and succulent. For extra heartiness, we're serving it over nutty farro mixed with mildly bitter arugula. Lastly, we're garnishing the dish with the goat cheese and beet (marinated with red wine vinegar and shallot), along with a second classic pairing: fresh mint and earthy pistachios.



## Ingredients

- 2 Boneless, Skinless Chicken Breasts
- ½ Cup Semi-Pearled Farro
- 2 Ounces Arugula
- 1 Red Beet
- 1 Bunch Mint

## Knick Knacks

- 2 Tablespoons Crumbled Goat Cheese
- 2 Tablespoons Pistachios
- 2 Teaspoons Za'atar
- 1 Shallot
- 1 Tablespoon Red Wine Vinegar

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 20 to 30 min





1



## Cook the farro:

Heat 1 large pot of salted water and 1 small pot of salted water to boiling on high. Once the large pot of water is boiling, add the **farro**. Cook 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



## Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Peel and medium dice the beet. (To avoid staining, line your cutting board with paper towels.) Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a medium bowl with the **vinegar**. Finely chop the arugula. Pick the mint leaves off the stems; discard the stems. Roughly chop the pistachios.

3



## Cook & dress the beet:

While the farro continues to cook, add the **beet** to the small pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a knife. Drain thoroughly and rinse under cold water for 20 to 30 seconds to stop the cooking process. Transfer to the bowl of **shallot-vinegar mixture**. Toss to coat and season with salt and pepper to taste.

4



## Cook the chicken:

While the beet cooks, pat the **chicken** dry with paper towels; season on both sides with salt, pepper and the **za'atar**. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken. Cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer the cooked chicken to a cutting board.

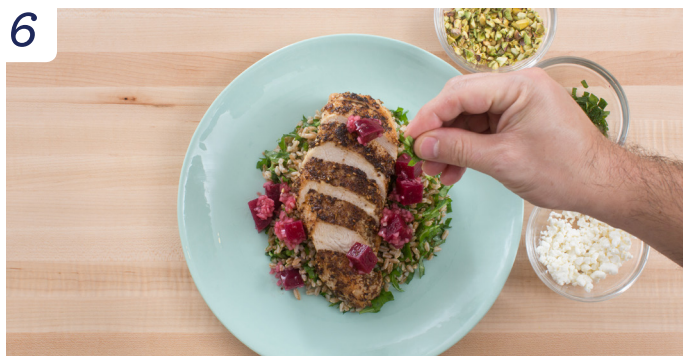
5



## Make the farro salad:

Add the **arugula** to the pot of **cooked farro**. Drizzle with olive oil and stir to combine; season with salt and pepper to taste.

6



## Plate your dish:

Just before serving, slice the **cooked chicken** crosswise on an angle. Divide the **farro salad** between 2 plates. Top with the **sliced chicken and dressed beet**. Garnish with the **mint** (finely chopping just before adding), **pistachios** and **goat cheese**. Enjoy!