

Tahini-Balsamic Chicken Bowls

with Barley, Arugula & Pear

WW™ APPROVED
DIABETES FRIENDLY
PLANT-FORWARD
MEDITERRANEAN

🕒 30-40 MINS | 2 SERVINGS

The star of these wholesome, flavorful bowls is the creamy, savory dressing—made with tahini, balsamic vinegar, and dijon mustard—we’re using to bring together a medley of seared chicken, barley, roasted fennel, and more.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



16 15 10

SmartPoints® value per serving



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Ingredients



6
CHICKEN
TENDERS



2 oz
ARUGULA



1
FENNEL BULB



2 Tbsps
TAHINI



1 Tbsp
DIJON MUSTARD



1/2 cup
PEARLED BARLEY



1
PEAR



1
RED ONION



2 Tbsps
BALSAMIC
VINEGAR



1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*

* Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. See nutrition information for sodium as packaged.

1 Cook the barley:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- ☐ Once boiling, add the **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2 Prepare the ingredients & make the dressing:

- ☐ Meanwhile, wash and dry the fresh produce.
- ☐ Cut off and discard any stems from the **fennel**, then halve, core, and medium dice the bulb.
- ☐ Halve and peel the **onion**; cut into 1-inch-wide wedges, separating the layers.
- ☐ Quarter, core, and thinly slice the **pear**.
- ☐ In a bowl, whisk together the **vinegar, tahini, 2 teaspoons of water, and half the mustard** (you will have extra); season with salt and pepper.

3 Roast the vegetables:

- ☐ Place the **diced fennel** and **onion wedges** on a sheet pan. Drizzle with **2 teaspoons of olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

4 Cook the chicken:

- ☐ Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- ☐ 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 3 to 5 minutes per side, or until browned and cooked through.
- ☐ Transfer to a cutting board.

5 Finish & serve your dish:

- ☐ To the pot of **cooked barley**, add the **roasted vegetables, 1 tablespoon of the dressing, and 2 teaspoons of olive oil**. Season with salt and pepper; stir to combine.
- ☐ In a large bowl, combine the **arugula** and **sliced pear**. Drizzle with **1 teaspoon of olive oil** and season with salt and pepper. Toss to coat. Taste, then season with salt and pepper if desired.
- ☐ Chop the **cooked chicken** into bite-sized pieces.
- ☐ Serve the **finished barley** topped with the **seasoned arugula and pear** and **chopped chicken**. Drizzle with the **remaining dressing**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: XXX, Total Carbohydrates: XXXg, Dietary Fiber: XXg, Added Sugar: Xg, Total Fat: XXg, Saturated Fat: XXg, Protein: XXg, Sodium: XXXXmg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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