

Smoky Chicken & Creamy Cilantro Sauce

over Spicy Carrots & Farro

WW™ APPROVED
DIABETES FRIENDLY
MEDITERRANEAN

🕒 30-40 MINS | 2 SERVINGS

This vibrant dish is bursting with exciting flavors thanks to the blend of smoky spices (like paprika and ground yellow mustard) on our seared chicken, the herby cilantro sauce drizzled on top, and the fiery bird's eye chile pepper mixed into the farro salad served underneath.



MATCH YOUR BLUE APRON WINE



Plush & Fruity

Wine is not included in SmartPoints®



WW | 16 | 13 | 9 SmartPoints® value per serving



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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



2 cloves
GARLIC



1/2 oz
SWEET PIQUANTE
PEPPERS



1/4 cup
CILANTRO SAUCE



1
BIRD'S EYE CHILE
PEPPER



1 Tbsp
RED WINE
VINEGAR



1/2 cup
SEMI-PEARLED
FARRO



6 oz
CARROTS



2 tsps
HONEY



1 Tbsp
SMOKY SPICE
BLEND*



2 Tbsps
FROMAGE BLANC

*Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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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. This recipe is 320mg sodium per serving as packaged.

1 Cook the farro:

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Cover to keep warm.

2 Prepare the ingredients & make the dressing:

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **piquante peppers**.
- Cut off and discard the stem of the **chile pepper**; thinly slice crosswise (for a milder dish, remove and discard the ribs and seeds). Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **cilantro sauce** and **fromage blanc**.
- To make the dressing, in a separate bowl, whisk together the **honey** (kneading the packet before opening) and **vinegar** until combined. Add **as much of the sliced chile pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; stir to combine.



3 Cook the carrots:

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, stirring occasionally, 3 to 4 minutes, or until browned.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the chicken:

- 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 the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.** Turn off the heat.



5 Finish the farro & serve your dish:

- To the pot of **cooked farro**, add the **dressing**, **chopped piquante peppers**, and **cooked carrots**. Season with salt and pepper; stir to combine.
- Serve the **finished farro** topped with the **cooked chicken** and **creamy cilantro sauce**. Enjoy!



**An instant-read thermometer should register 165°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 600, Total Carbohydrates: 48g, Dietary Fiber: 6g, Added Sugar: 7g, Total Fat: 23g, Saturated Fat: 3g, Protein: 48g, Sodium: 1040mg.

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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