

Chicken & Cherry Tomato Sauce

with Farro & Green Bean Salad

TIME: 35-45 minutes

SERVINGS: 2

Tonight's dish celebrates petite cherry tomatoes, undeniably among the summer's most delightful produce. (Depending on what's best near you, yours may be yellow or red.) We're cooking them with a bit of butter and vinegar—creating a bright, rich sauce for chicken. A side salad of farro and green beans sautéed with garlic and capers makes for a hearty complement.



MATCH YOUR BLUE APRON WINE

 Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



2/3 cup
SEMI-PEARLED
FARRO



6 oz
CHERRY
TOMATOES



4 oz
GREEN BEANS



2 cloves
GARLIC



1 bunch
BASIL

KNICK KNACKS:



3 Tbsps
ALL-PURPOSE
FLOUR



1 1/2 Tbsps
CAPERS



1/4 tsp
CRUSHED RED
PEPPER FLAKES



2 Tbsps
BUTTER



1 Tbsp
SHERRY VINEGAR





1 Cook the farro:

- Heat a small pot of salted water to boiling on high. Once boiling, add the **farro** and cook, uncovered, 17 to 19 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.
- Cut off and discard the stem ends of the green beans; cut into 1-inch pieces.
- Peel and roughly chop the garlic.
- Halve the tomatoes; place in a bowl and season with salt and pepper.



3 Cook the green beans:

- While the farro continues to cook, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **garlic, capers, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- Transfer to a plate; season with salt and pepper to taste. Set aside in a warm place. Rinse and wipe out the pan.



4 Coat & cook the chicken:

- While the farro continues to cook, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat both sides of the seasoned chicken in the flour (tapping off any excess).
- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated chicken and cook 4 to 6 minutes per side, or until lightly browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a cutting board. Set aside in a warm place.

5 Make the tomato sauce:

- Add the **seasoned tomatoes** to the pan of reserved fond. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until slightly saucy.
- Add the **butter and half the vinegar**; season with salt and pepper. Cook, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until thoroughly combined and the butter has melted.
- Turn off the heat; season with salt and pepper to taste.



6 Make the farro salad & plate your dish:

- Pick the **basil** leaves off the stems; discard the stems.
- Add the **cooked green beans, remaining vinegar**, and a drizzle of olive oil to the pot of **cooked farro**. Stir to combine; season with salt and pepper to taste.
- Slice the **cooked chicken** crosswise.
- Divide the farro salad and sliced chicken between 2 dishes. Top the chicken with the **tomato sauce**. Garnish with the basil (tearing the leaves just before adding). Enjoy!