

Mexican Chicken & Lime Sour Cream

with Esquites-Style Farro Salad

🕒 30-40 MINS | 4 SERVINGS

To make a hearty base for juicy chicken, we're making a warm farro salad that invokes the flavors of esquites—a Mexican street food favorite—by tossing in a traditional combo of fresh sweet corn, tart lime, and creamy mayonnaise. It's all finished with a cooling drizzle of lime sour cream.



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Lush & Fruity

Serve a bottle with this symbol for a great pairing.



Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



2
SCALLIONS



1/4 cup
MAYONNAISE



1/2 cup
SOUR CREAM



2 Tbsp
GRATED COTIJA
CHEESE



1 cup
SEMI-PEARLED
FARRO



4 ears of
CORN



1/2 lb
SWEET PEPPERS



1
LIME



1/4 tsp
CRUSHED RED
PEPPER FLAKES



1 Tbsp
MEXICAN SPICE
BLEND*

Did You Know?
Semi-pearled farro has part of its bran removed, which helps it cook faster.

*Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano



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.



1 Cook the farro:

- 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**. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2 Prepare the ingredients:

- Meanwhile, wash and dry the fresh produce.
- Zest the **lime** to get 2 teaspoons (or use the small side of a box grater). Quarter the lime.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stems of the **peppers**; remove the cores, then large dice.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Combine the **diced peppers** and **corn kernels** in a bowl; add the **sliced white bottoms of the scallions**.
- In a separate bowl, combine the **sour cream** and the **juice of 2 lime wedges**; season with salt and pepper.



3 Cook the vegetables:

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **pepper-corn mixture** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Season with salt, pepper, 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 occasionally, 1 to 2 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off.
- Transfer to a bowl.
- 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 **1 tablespoon 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.**
- Transfer to a cutting board.



5 Finish the farro & serve your dish:

- To the pot of **cooked farro**, add the **cooked vegetables**, **mayonnaise**, **lime zest**, and the **juice of the remaining lime wedges**; season with salt and pepper. Stir to combine.
- Slice the **cooked chicken** crosswise.
- Serve the **finished farro** topped with the **sliced chicken** and **lime sour cream**. Garnish with the **cheese** and **sliced green tops of the scallions**. Enjoy!



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



NUTRITION PER SERVING (AS PREPARED)* Calories: 660, Total Carbohydrates: 51g, Dietary Fiber: 7g, Added Sugar: 0g, Total Fat: 29g, Saturated Fat: 6g, Protein: 50g, Sodium: 1090mg.

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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