

# Lime & Fig Chicken

with Creamy Vegetable Farro

2 SERVINGS

30-40 MINS

 Blue Apron

blueapron.com



This flavorful dish highlights a light sauce made from zesty lime and dried Turkish figs, whose exceptional sweetness perfectly tempers the bold, smoky spices on our chicken.

## Ingredients

-  10 oz Chopped Chicken Breast
-  ½ cup Semi-Pearled Farro
-  1 Lime
-  2 Persian Cucumbers
-  6 oz Carrots
-  1 Red Onion
-  2 cloves Garlic
-  2 Dried Turkish Figs
-  2 tsps Honey
-  2 Tbsps Red Wine Vinegar
-  2 Tbsps Fromage Blanc
-  1 Tbsp Spanish Spice Blend\*

\*Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon



Serve a bottle of Blue Apron wine with this symbol: Crispy & Minerally.  
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SmartPoints® value per serving



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## DIABETES FRIENDLY

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MEDITERRANEAN DIET

**Hey, Chef!** If you're trying 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 170mg 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.



### 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Large dice the **figs**. Place in a medium bowl; add  $\frac{1}{2}$  cup of hot water. Set aside to rehydrate at least 10 minutes.
- Small dice the **cucumber**.
- Halve, peel, and small dice the **onion**.
- Peel the **carrots** and thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Zest the **lime** to get 1 teaspoon (or use the small side of a box grater). Quarter the lime.



### 3 Marinate the cucumber

- In a medium bowl, whisk together the **honey** (kneading the packet before opening) and **vinegar** until combined.
- Add the **diced cucumber** and  $\frac{1}{4}$  of the **diced onion**. Season with salt and pepper; stir to coat. Set aside to marinate, stirring occasionally, at least 10 minutes.



### 4 Cook the carrots

- Meanwhile, in a medium pan (nonstick, if you have one), heat  $\frac{1}{2}$  teaspoon of olive oil on medium-high until hot.
- Add the **sliced carrots** and **remaining diced onion**; season with salt and pepper. Cook, stirring frequently, 6 to 8 minutes, or until softened.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- Transfer to the pot of **cooked farro**; stir to combine.
- Wipe out the pan.



### 5 Cook the chicken & make the sauce

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to thoroughly coat.
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Carefully add the **rehydrated figs** (including the liquid). Cook, stirring occasionally, 3 to 4 minutes, or until the chicken is cooked through and the liquid is thickened.
- Turn off the heat. Stir in the **lime zest** and the **juice of 2 lime wedges**. Taste, then season with salt and pepper if desired.



### 6 Finish the farro & serve your dish

- To the pot of **cooked farro and carrots**, add the **fromage blanc** and  $\frac{1}{2}$  teaspoon of olive oil; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **cooked chicken and sauce** over the **finished farro**. Top with the **marinated cucumber** (discarding any liquid). Serve the **remaining lime wedges** on the side. Enjoy!



#### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 620, Total Carbohydrates: 71g, Dietary Fiber: 10g, Added Sugars: 6g, Total Fat: 19g, Saturated Fat: 3g, Protein: 44g, Sodium: 840mg.

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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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