

Za'atar Chicken Thighs

with Warm Farro Salad & Tzatziki

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*



12 oz Boneless,
Skinless Chicken
Thighs



4 oz Grape Tomatoes



½ cup Tzatziki¹



½ cup Semi-Pearled
Farro



1 Lemon



1 Tbsp Za'atar
Seasoning²



2 Persian Cucumbers



1 Mango Cheek



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11 - 13

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packaged. Skip adding salt during prep
and cooking, and see nutrition info for
sodium as packaged. Choose nonstick
cooking spray (0 PersonalPoints) instead
of olive oil (1 PersonalPoint per teaspoon)
to coat your pan before heating.

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1. cucumber-yogurt sauce 2. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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** 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.
- Halve the **tomatoes**.
- Medium dice the **mango**.
- Halve the **cucumbers** lengthwise, then thinly slice crosswise.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **halved tomatoes, diced mango, sliced cucumbers, and the juice of 2 lemon wedges**. Drizzle with **olive oil** and season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **za'atar** to coat (you may have extra).
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 5 to 7 minutes per side, or until browned and cooked through.*
- Transfer to a cutting board.



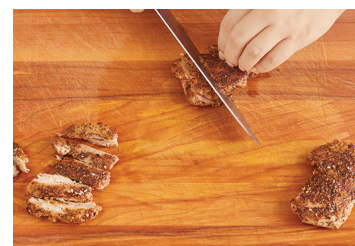
4 Finish the farro

- To the pot of **cooked farro**, add the **marinated vegetables** (including any liquid). Drizzle with **olive oil** and season with salt and pepper; stir to combine.
- Taste, then season with salt and pepper if desired.



5 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** over the **finished farro**. Top the chicken with the **tzatziki**. Serve the **remaining lemon wedges** on the side. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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