

Seared Chicken & Honey-Chipotle Sauce

with Vegetables & Farro

2 SERVINGS










30-40 MINS

 **Blue Apron**
blueapron.com



Simply seared chicken gets irresistibly sweet-hot flavor from a bold, Mexican-style combo of honey, lime juice, and fiery chipotle paste—delightfully tempered by a drizzle of sour cream brightened with fresh lime zest.

Ingredients

- | | |
|---|--|
|  2 Boneless, Skinless Chicken Breasts |  2 cloves Garlic |
|  ½ cup Semi-Pearled Farro |  2 tps Chipotle Chile Paste |
|  1 Lime |  ¼ cup Sour Cream |
|  4 oz Grape Tomatoes |  4 tps Honey |
|  1 Poblano Pepper | |

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

WW™ APPROVED



SmartPoints® value per serving



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600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Light & Bright.
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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.
- Drain thoroughly.



2 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **1 teaspoon 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.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board. Cover with foil to keep warm.



3 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**; place in a large bowl and season with salt and pepper.
- Zest the **lime** to get 1 teaspoon (or use the small side of a box grater). Quarter the lime.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands, knife, and cutting board immediately after handling.



Step 3 continued:

- In a bowl, combine the **sour cream** and **lime zest**; season with salt and pepper.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), **the juice of 2 lime wedges**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.

4 Cook the pepper

- In the pan of reserved fond, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **sliced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the bowl of **seasoned tomatoes**.



5 Finish & serve your dish

- To the bowl of **cooked pepper and tomatoes**, add the **cooked farro**, **the juice of the remaining lime wedges**, and **1 teaspoon of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished farro** topped with the **sliced chicken**, **honey-chipotle sauce**, and **lime sour cream**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 530, Total Carbohydrates: 51g, Dietary Fiber: 6g, Added Sugars: 11g, Total Fat: 16g, Saturated Fat: 5g, Protein: 46g, Sodium: 1160mg.

**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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