

Za'atar Chicken & Farro

with Roasted Grapes, Onion & Delicata Squash

4 SERVINGS

35-45 MINS

 **Blue Apron**
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To accompany herby za'atar-coated chicken, you'll serve it over a hearty bed of farro and roasted vegetables and grapes—brought together with a savory pan sauce of balsamic vinegar, garlic, and a bit of crushed red pepper for a kick of heat.

Ingredients

-  4 Boneless, Skinless Chicken Breasts
-  1 cup Semi-Pearled Farro
-  4 oz Red Seedless Grapes
-  1 Red Onion
-  2 cloves Garlic
-  6 oz Green Beans
-  1 Delicata Squash
-  2 Tbsps Balsamic Vinegar
-  2 Tbsps Spreadable Goat Cheese
-  ¼ tsp Crushed Red Pepper Flakes
-  1 Tbsp Za'atar Seasoning*

*Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper



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



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DIABETES FRIENDLY

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600 CALORIES OR LESS
MEDITERRANEAN DIET

1 Prepare the ingredients & make the goat cheese sauce

- Preheat the oven to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into $\frac{1}{2}$ -inch pieces.
- Halve and peel the **onion**; cut into 1-inch-wide wedges, separating the layers.
- Halve the **grapes**.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **goat cheese** and **2 teaspoons of warm water**. Taste, then season with salt and pepper if desired.



2 Roast the squash

- Line 2 sheet pans with foil.
- Transfer the **squash pieces** to one sheet pan. Drizzle with **2 teaspoons of olive oil**; season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



3 Cook the farro

- Meanwhile, add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender.
- Turn off the heat. Drain thoroughly and return to the pot.



4 Roast the green beans, onion & grapes

- Meanwhile, place the **green beans** and **onion wedges** on the remaining sheet pan. Drizzle with $\frac{1}{2}$ **teaspoon of olive oil**; season with salt and pepper. Toss to coat and arrange in an even layer.

Step 4 continued:

- Roast 8 minutes. Leaving the oven on, remove from the oven. Carefully add the **halved grapes**.
- Return to the oven and roast 8 to 10 minutes, or until the vegetables are browned and tender when pierced with a fork. Remove from the oven.



5 Cook the chicken

- Meanwhile, 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 (nonstick, if you have one), heat **2 teaspoons 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.



6 Make the pan sauce & serve your dish

- In the pan of reserved fond, heat $\frac{1}{2}$ **teaspoon of olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **vinegar** (carefully, as the liquid may splatter), $\frac{1}{4}$ **cup of water**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 1 to 3 minutes, or until the liquid is slightly thickened. Turn off the heat.
- To the pot of **cooked farro**, add the **roasted squash, roasted green beans, onion, and grapes**, and **pan sauce**. Stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** over the **finished farro**. Top the chicken with the **goat cheese sauce**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 480, Total Carbohydrates: 48g, Dietary Fiber: 7g, Added Sugars: 0g, Total Fat: 11g, Saturated Fat: 2.5g, Protein: 48g, Sodium: 1060mg.

**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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