

Chicken Saltimbocca & Grape Pan Sauce

with Farro, Spinach & Delicata Squash

SALTIMBOCCA

[saal·tim·bo·kuh] “jump in your mouth”

noun: A classic Italian dish made with veal or poultry, flavored with herbs and wrapped in prosciutto.

INGREDIENT IN FOCUS

Delicata squash is a rich, sweet variety that is prized (and named) for its thin, delicate skin, which is entirely edible.



PREMIUM


2 SERVINGS


⌚ 40-50 MINS



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.
blueapron.com/wine

Ingredients


 2 Boneless, Skinless Chicken Breasts

 3 oz Prosciutto


 ½ cup Semi-Pearled Farro


 1 Delicata Squash

 4 oz Red Seedless Grapes

 3 oz Baby Spinach

 1 bunch Rosemary


 1 bunch Chives

 2 Tbsps Butter

 ⅓ cup Chicken Bone Broth

 ¼ cup Roasted Walnuts

 1 Shallot

 1 Tbsp Creamy Mustard Sauce

 2 Tbsps All-Purpose Flour

 2 Tbsps Red Wine Vinegar

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat 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, then cut crosswise into $\frac{1}{2}$ -inch pieces.
- Pick the **rosemary** leaves off the stems.
- Halve the **grapes**.
- Peel and thinly slice the **shallot**.
- Roughly chop the **walnuts**.
- Thinly slice the **chives**.



2 Roast the squash

- Place the **squash pieces** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



3 Cook & finish 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.
- Stir in the **spinach** and **creamy mustard sauce** until combined and the spinach is wilted. Taste, then season with salt and pepper if desired. Cover to keep warm.



4 Prepare the saltimbocca

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Separate the **prosciutto** (removing the plastic lining between the slices).



Step 4 continued:

- Lay **half the prosciutto** on a work surface, overlapping each slice by $\frac{1}{2}$ inch.
- Top the center of the prepared prosciutto with **half the rosemary leaves**. Place one piece of **seasoned chicken** on top of the rosemary. Fold the outsides of the prosciutto into the center of the chicken, pressing gently to seal.
- Repeat with the remaining prosciutto, rosemary leaves, and seasoned chicken.

5 Coat & cook the saltimbocca

- Place the **flour** on a large plate. Evenly coat the **saltimbocca** in the flour (tapping off any excess).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the coated saltimbocca, sealed side down. Cook 7 to 8 minutes per side, or until browned and cooked through.*
- Transfer to a clean cutting board.
- Wipe out the pan.



6 Make the pan sauce & serve your dish

- In the same pan, heat the **butter** on medium-high until melted.
- Once melted, cook, stirring constantly, 1 to 2 minutes, or until the foam subsides and the butter is fragrant (it should smell nutty and toasted).
- Add the **halved grapes** and **sliced shallot**. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **vinegar** (carefully, as it may splatter). Cook, stirring frequently, or until the liquid has cooked off.
- Add the **broth** (carefully, as it may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the sauce is thickened. Turn off the heat.
- Halve the **cooked saltimbocca** lengthwise.
- Serve the **halved saltimbocca** topped with the **pan sauce**. Serve the **finished farro** topped with the **roasted squash** and **chopped walnuts**. Garnish with the **sliced chives**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 860, Total Carbohydrates: 66g, Dietary Fiber: 10g, Added Sugars: 0g, Total Fat: 39g, Saturated Fat: 13g, Protein: 66g, Sodium: 1670mg.

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

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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