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

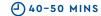
Delicata squash is a rich, sweet variety that is prized (and named) for its thin, delicate skin, which is entirely edible.





PREMIUM

2 SERVINGS







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



1/3 cup Chicken Bone Broth



1/4 cup Roasted Walnuts



1 Shallot



1 Tbsp Creamy Mustard Sauce



2 Tbsps All-Purpose Flour



2 Tbsps Red Wine Vinegar

Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a medium pot ¾ 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 ½-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

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 ½ 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.
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- 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).



