

Seared Chicken & Farro

with Honeynut Squash & Apple-Almond Relish

TIME: 40-50 minutes

SERVINGS: 4

In tonight's simple, seasonal recipe, we're roasting and mashing honeynut squash (a tender, miniature variety of butternut), then stirring it into farro, a type of wheat with hearty chew. Its nutty flavor complements earthy spinach and sweet golden raisins. As for our chicken, we're topping it with a delicious relish of sage, apples, and almonds for herbal, fruity flavor and contrasting texture.



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Light & Fresh

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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



¾ cup
SEMI-PEARLED
FARRO



2 cloves
GARLIC



1
GRANNY SMITH
APPLE



1
HONEYNUT
SQUASH



½ lb
SPINACH



1 bunch
SAGE

KNICK KNACKS:



2 Tbsps
BUTTER



1 ½ Tbsps
GOLDEN RAISINS



1 Tbsp
APPLE CIDER
VINEGAR



¼ cup
ROASTED SLICED
ALMONDS



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1 Prepare & roast the squash:

- ☐ Preheat the oven to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the **squash**. Quarter the squash lengthwise; using a spoon, scoop out and discard the pulp and seeds. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper. Turn to thoroughly coat. Arrange in a single layer.
- ☐ Roast 24 to 26 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven. When cool enough to handle, using a spoon, scoop the flesh into a bowl. Using a fork, mash to your desired consistency. Discard the skins.



2 Cook the farro:

- ☐ While the squash cooks, peel and roughly chop the **garlic**.
- ☐ Add the **farro** and garlic to the pot of boiling water. Cook, uncovered, 16 to 18 minutes, or until tender. Drain thoroughly. Set aside in a warm place.



3 Prepare the remaining ingredients:

- ☐ While the farro cooks, wash and dry the sage and apple.
- ☐ Pick the sage leaves off the stems; discard the stems, then thinly slice.
- ☐ Core and medium dice the apple.



4 Make the apple relish:

- ☐ While the farro continues to cook, in a large pan, heat the **butter** on medium-high until melted. Add the **sage**, **almonds**, and **apple**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the butter is lightly browned and nuttily fragrant and the apple is slightly softened. (Be careful not to overcook, as the butter can burn easily.)
- ☐ Turn off the heat. Stir in **half the vinegar** and **2 tablespoons of water** (be careful, as the liquid may splatter). Stir to thoroughly combine. Season with salt and pepper to taste. Transfer to a bowl. Rinse and wipe out the pan.



5 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken. Cook 5 to 7 minutes per side, or until lightly browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.



6 Finish the farro & serve your dish:

- ☐ Add **½ cup of water** (be careful, as the liquid may splatter) to the pan of reserved fond. Cook on medium-high, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until the liquid is slightly reduced in volume.
- ☐ Add the **cooked farro**, **spinach**, and **raisins**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the spinach has wilted.
- ☐ Turn off the heat. Stir in the **mashed squash** and **remaining vinegar**. (If the mixture seems dry, stir in **up to ½ cup of water** to achieve your desired consistency.) Season with salt and pepper to taste.
- ☐ Divide the finished farro and **cooked chicken** among 4 dishes. Top the chicken with the **apple relish**. Enjoy!