

# Za'atar-Spiced Chicken & Farro Salad

with Lemon-Garlic Labneh

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



## Ingredients

 2 Boneless, Skinless Chicken Breasts


 2 Persian Cucumbers


 1 tsp Preserved Lemon Purée


 1 Tbsp Za'atar Seasoning<sup>1</sup>

 ½ cup Semi-Pearled Farro

 1 clove Garlic

 ¼ cup Labneh Cheese

 4 oz Grape Tomatoes

 1 oz Castelvetro Olives

 1 Tbsp Verjus Rouge



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



11 9 4

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



### 1 Cook the farro

- 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. Turn off the heat.
- Drain thoroughly and return to the pot.



### 2 Prepare the ingredients & marinate the vegetables

- Meanwhile, wash and dry the fresh produce.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Halve the **tomatoes**.
- Medium dice the **cucumbers**.
- Pit and roughly chop the **olives**.
- In a bowl, combine the **halved tomatoes, diced cucumbers, and chopped olives**. Add the **verjus** and **half the za'atar**; season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.



### 3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **remaining za'atar**.
- In a medium 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.\*
- Transfer to a cutting board.



### 4 Make the lemon-garlic labneh

- Meanwhile, in a bowl, combine the **labneh, lemon purée, 1 tablespoon of olive oil, 2 teaspoons of water, and as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



### 5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **marinated vegetables** (including any liquid) and a drizzle 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 and lemon-garlic labneh**. Enjoy!



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