

Chicken & Veggie Grain Bowl

with Romesco & Lemon Yogurt

4 SERVINGS



⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*


Customized ingredients

 22 oz Chicken Breast Strips 

SWAPPED FOR:

 4 Flank Steaks 


 1/2 lb Grape Tomatoes

 6 Tbsps Romesco Sauce¹

 3/4 cup Pearled Barley


 2 cloves Garlic

 2 Tbsps Dried Currants

 1/4 tsp Crushed Red Pepper Flakes

 2 Zucchini

 1 Lemon

 1/2 cup Plain Nonfat Greek Yogurt

 1 Tbsp Spanish Spice Blend²



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



5-8 PersonalPoints[™]
range per serving

Now your Points value is personalized to YOU! It could be between 5-8 Points. Scan the barcode to see yours!



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

If you customized this recipe, your PersonalPoints may differ from what's above.

To learn more about the (NEW!) WW PersonalPoints[™] program, visit www.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. contains almonds 2. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the barley

- 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 **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Halve the **tomatoes**.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; remove the seeds.
- In a bowl, combine the **currants** and the **juice of 1 lemon half**.
- In a separate bowl, combine the **yogurt** and the **juice of the remaining lemon half**.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**. Toss to coat.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 2 to 3 minutes, or until browned and cooked through.
- Transfer to a plate.
- Wipe out the pan.



4 CUSTOMIZED STEP 3 If you chose Flank Steaks

- Pat the **steaks** dry with paper towels. Season on both sides with salt, pepper, and the **spice blend**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 2 to 4 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board; let rest at least 5 minutes.
- Wipe out the pan.

4 Cook the vegetables

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **halved tomatoes**, **chopped garlic**, 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, 1 to 2 minutes, or until softened.
- Turn off the heat.



5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **romesco sauce**, **dressed currants** (including any liquid), and **cooked vegetables**.
- Serve the **finished barley** topped with the **cooked chicken** and **lemon yogurt**. Enjoy!



5 CUSTOMIZED STEP 5 If you chose Flank Steaks

- Finish the barley as directed in Step 5.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **finished barley** topped with the **sliced steaks** and **lemon yogurt**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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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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