

# Ancho-Honey Chicken & Vegetable Quinoa

with Toasted Pepitas & Lime Yogurt

2 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



10 oz Chicken Breast Strips



1 Poblano Pepper



½ cup Plain Nonfat Greek Yogurt



2 Tbsps Raw Pepitas



½ cup Tricolor Quinoa



1 Red Onion



2 tsps Honey



1 Tbsp Mexican Spice Blend<sup>1</sup>



4 oz Grape Tomatoes



1 Lime



1 Tbsp Ancho Chile Paste



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



2-11

**PersonalPoints™**  
range per serving

Now your Points value is personalized to YOU! It could be between 2-11 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.

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1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano

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



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the glaze

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.
- Halve, peel, and thinly slice the **onion**.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 1 teaspoon. Quarter the lime.
- Halve the **tomatoes**. Place in a bowl. Add the **juice of 2 lime wedges** and a drizzle of **olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes; taste, then season with salt and pepper if desired.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **honey** (kneading the packet before opening), **chile paste**, and  $\frac{1}{4}$  cup of **water**. Season with salt and pepper.



## 2 Cook the quinoa

- Add the **quinoa** to the pot of boiling water. Cook, uncovered, 20 to 22 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



## 3 Toast the pepitas

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt, pepper, and a **pinch of the spice blend**. Cook, stirring frequently, 1 to 3 minutes, or until toasted (be careful, as the pepitas may pop as they toast).
- Transfer to a paper towel-lined plate and immediately season with salt.
- 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 onion** and **sliced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened and browned.
- Transfer to a bowl; cover with foil to keep warm.



## 5 Cook & glaze the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **remaining spice blend** to coat (you may have extra).
- In the same pan, 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 browned.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, stirring frequently, 2 to 3 minutes, or until the chicken is coated and cooked through.
- Turn off the heat; stir in the **juice of the remaining lime wedges**. Taste, then season with salt and pepper if desired.



## 6 Finish & serve your dish

- In a bowl, combine the **yogurt** and **lime zest**; season with salt and pepper.
- To the pot of **cooked quinoa**, add the **cooked vegetables**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished quinoa** topped with the **glazed chicken** (including any glaze from the pan), **marinated tomatoes** (including any liquid), and **lime yogurt**. Garnish with the **toasted pepitas**. Enjoy!

