

Mexican Chicken & Lime Sour Cream

with Esquites-Style Farro Salad

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com





Ingredients

 4 Boneless, Skinless Chicken Breasts

 ½ lb Sweet Peppers

 2 Tbsps Grated Cotija Cheese


 ¼ tsp Crushed Red Pepper Flakes

 1 cup Semi-Pearled Farro

 2 Scallions

 ½ cup Sour Cream

 1 Tbsp Mexican Spice Blend¹

 4 ears of Corn

 1 Lime

 ¼ cup Mayonnaise

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



17 11 7

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

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**. Cook, uncovered, 18 to 20 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.
- Using a zester or the small side of a box grater, zest the **lime** to get 2 teaspoons. Quarter the lime.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Cut off and discard the stems of the **peppers**; remove the cores, then large dice.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- In a bowl, combine the **diced peppers, corn kernels, and sliced white bottoms of the scallions**.
- In a separate bowl, combine the **sour cream and the juice of 2 lime wedges**; season with salt and pepper.



3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **pepper-corn mixture** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, without stirring, 3 to 4 minutes, or until lightly browned (be careful, as the corn may pop as it cooks); season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.



Step 3 continued:

- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off.
- Transfer to a bowl.
- Wipe out the pan.

4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat **1 tablespoon 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.



5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked vegetables, mayonnaise, lime zest, and the juice of the remaining lime wedges**; season with salt and pepper. Stir to combine.
- Slice the **cooked chicken** crosswise.
- Serve the **finished farro** topped with the **sliced chicken** and **lime sour cream**. Garnish with the **cheese** and **sliced green tops of the scallions**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.