



Ingredients



12 oz Boneless, Skinless Chicken Thighs



1 Lime



½ cup Plain Nonfat **Greek Yogurt**



3 Tbsps Roasted Peanuts



½ cup Pearled Barley



4 oz Grape Tomatoes



4 tsps Honey



1 tsp Black & White Sesame Seeds



4 oz Sweet Peppers



2 Scallions



2 tsps Chipotle Chile



1 Tbsp Mexican Spice Blend1



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





PersonalPoints range per serving

Now your Points value is personalized to YOU! It could be between 14-15 Points. Scan the barcode to see yours!



Scan this barcode in your Ww app to 193888 15255 7 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.

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

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the barley

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 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.
- · Cut off and discard the stems of the peppers; remove the cores, then quarter lengthwise.
- Cut the white bottoms of the scallions crosswise into 1-inch pieces; thinly slice the hollow green tops.
- Halve the tomatoes.

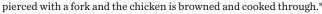


• Transfer the quartered peppers, prepared white bottoms of the scallions, and halved tomatoes to a sheet pan; drizzle with olive oil and season with salt, pepper, and half the spice blend. Toss to coat; arrange in an even layer on one side of the sheet pan.



4 Roast the vegetables & chicken

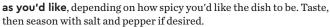
- Pat the chicken dry with paper towels; season on both sides with salt, pepper, and the remaining spice blend.
- Transfer to the other side of the sheet pan.
- Roast 15 to 17 minutes, or until the vegetables are lightly browned and tender when

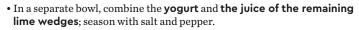


• Remove from the oven.

5 Make the salsa macha & lime yogurt

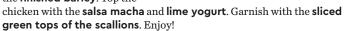
- Meanwhile, finely chop the peanuts.
- Quarter the lime.
- In a bowl, combine the chopped peanuts, sesame seeds, honey (kneading the packet before opening), the juice of 2 lime wedges, a drizzle of olive oil, and as much of the chile paste





6 Finish & serve your dish

- Transfer the roasted chicken to a cutting board; slice crosswise.
- To the pot of cooked barley, add the roasted vegetables and a drizzle of olive oil; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the sliced chicken over the finished barley. Top the







*The USDA recommends a minimum safe cooking temperature of 165°F for chicken. Produced in a facility that processes crustacean shellfish,



