

Mexican-Spiced Chicken Thighs

with Barley, Salsa Macha & Lime Yogurt

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



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 Paste



1 Tbsp Mexican Spice Blend¹



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



14 - 15 PersonalPoints[™] range per serving

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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

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 $\frac{3}{4}$ 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.
- 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**.



3 Season the vegetables

- 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.



For easier cleanup, line your sheet pan with foil.

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 pierced with a fork and the chicken is browned and cooked through.*
- 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 as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **yogurt** and the **juice of the remaining lime wedges**; season with salt and pepper.



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 chicken with the **salsa macha** and **lime yogurt**. Garnish with the **sliced green tops of the scallions**. Enjoy!



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