

Honey & Chipotle-Glazed Chicken Thighs

with Vegetable Farro & Lime Sour Cream

2 SERVINGS | 40-50 MINS

 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*

Ingredients

Customized ingredients

 12 oz Boneless, Skinless Chicken Thighs 

SWAPPED FOR:

 2 Boneless, Skinless Chicken Breasts 

 2 tps Chipotle Chile Paste

 1 Tbsp Honey

 ½ cup Semi-Pearled Farro

 1 Poblano Pepper

 4 oz Grape Tomatoes

 ¼ cup Sour Cream

 3 oz Baby Spinach

 2 cloves Garlic

 1 Lime

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

 |  SmartPoints® value per serving (as packaged)

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



Scan this barcode in your WW app to track SmartPoints (the barcode at left provides the standard recipe and the barcode at right provides the customized version). 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.

To learn more about WW and SmartPoints visit www.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

1 Cook the farro

- 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.
- Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



2 Prepare the ingredients & make the glaze

- Meanwhile, wash and dry the fresh produce.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**; place in a large bowl and season with salt and pepper.
- Using a zester or the small side of a box grater, zest the **lime** to get 1 teaspoon. Quarter the lime.
- 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 **sour cream** and **lime zest**; season with salt and pepper.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), **the juice of 2 lime wedges**, $\frac{1}{4}$ **cup of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.



3 Cook the pepper

- In a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to the bowl of **seasoned tomatoes**.
- Wipe out the pan.



4 Cook & glaze the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken**. Cook 5 to 7 minutes, or until browned. Flip and cook 3 minutes.
- Add the **glaze** (carefully, as the liquid may splatter). Cook, frequently spooning the glaze over the chicken, 2 to 4 minutes, or until the chicken is coated and cooked through.*
- Turn off the heat.



↔ CUSTOMIZED STEP 4 *If you chose Chicken Breasts*

- Cook and glaze the chicken as directed.

5 Finish the farro & serve your dish

- To the bowl of **tomatoes and cooked pepper**, add the **spinach**, **cooked farro**, **the juice of the remaining lime wedges**, and **1 teaspoon of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **glazed chicken** (including any glaze from the pan) and **lime sour cream**. Enjoy!



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

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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