

Italian Chicken & Farro Bowl

with Pesto

2 OR 4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Chopped Chicken Breast or 20 oz for 4 servings



2 cloves Garlic



2 Tbsps Dried Currants



¼ tsp Crushed Red Pepper Flakes



½ cup Semi-Pearled Farro or 1 cup for 4 servings



1 Red Onion or 2 for 4 servings



⅓ cup Basil Pesto



1 Tbsp Italian Seasoning¹



1 Zucchini or 2 for 4 servings



1 oz Castelvetrano Olives



1 Tbsp Verjus Rouge



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



16 14 9

SmartPoints® value per serving (as packaged)

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



6 44216 09735 7 6

STANDARD RECIPE



5 44216 09755 5

CUSTOMIZED

Scan these barcodes in your WW app to track SmartPoints. Wine is not included in SmartPoints calculations.

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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

Hey, Chef! If you chose to increase the serving size for this recipe, look for specialized directions in italics in the steps below.

WW member? Try these WW pro-tips: 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 SmartPoints value per teaspoon) to coat your pan before heating.

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** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Cover to keep warm.



2 Prepare the ingredients

- Meanwhile, wash and dry the **zucchini**; medium dice.
- Place the **currants** in a bowl; cover with **hot water**. Set aside to rehydrate at least 10 minutes.
- Halve, peel, and thinly slice the **onion**.
- Peel and roughly chop **2 cloves of garlic**.
- Pit and roughly chop the **olives**.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl and season with salt, pepper, and enough of the **Italian seasoning** to coat (you may have extra). Toss to coat.
- In a medium pan or a large pan if you're cooking 4 servings (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.



Step 3 continued:

- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl. Cover with foil to keep warm.

4 Cook the vegetables

- Drain the **rehydrated currants**.
- In the pan of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced onion**, **chopped garlic**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **verjus**, **chopped olives**, and **drained currants**. Cook, stirring frequently, 30 seconds to 1 minute, or until the vegetables are softened and the liquid has cooked off.
- Turn off the heat.



5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked vegetables** and **pesto**; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked chicken**. Enjoy!

