

Lime & Date Chicken

with Vegetable Farro

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Chopped Chicken Breast



6 oz Carrots



1 Lime



1 Tbsp Red Wine Vinegar



½ cup Semi-Pearled Farro



1 Red Onion



1 oz Dried Medjool Dates



1 Tbsp Honey



2 Persian Cucumbers



2 cloves Garlic



½ cup Plain Nonfat Greek Yogurt



1 Tbsp Spanish Spice Blend¹



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



14 11 6

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. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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 and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Pit and roughly chop the **dates**. Place in a medium bowl; cover with $\frac{1}{2}$ **cup of hot water**. Set aside to rehydrate at least 10 minutes.
- Small dice the **cucumbers**.
- Halve, peel, and small dice the **onion**.
- Peel the **carrots** and thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 1 teaspoon. Quarter the lime.



3 Marinate the cucumbers

- In a medium bowl, whisk together the **honey** (kneading the packet before opening) and **vinegar** until combined.
- Add the **diced cucumbers** and $\frac{1}{4}$ of the **diced onion**. Season with salt and pepper; stir to coat.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



4 Cook the carrots & finish the farro

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** and **remaining diced onion**; season with salt and pepper. Cook, stirring frequently, 6 to 8 minutes, or until softened.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- Transfer to the pot of **cooked farro**; add a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Wipe out the pan.



5 Cook the chicken & make the sauce

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra). Toss to thoroughly coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned chicken** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **rehydrated dates**, including the liquid (carefully, as it may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the liquid is thickened and the chicken is cooked through.
- Turn off the heat. Carefully stir in the **lime zest** and the **juice of 2 lime wedges**. Taste, then season with salt and pepper if desired.



6 Season the yogurt & serve your dish

- Season the **yogurt** with salt and pepper.
- Serve the **finished farro** topped with the **cooked chicken and sauce**, **marinated cucumbers** (discarding any liquid), and **seasoned yogurt**. Serve the **remaining lime wedges** on the side. Enjoy!

