

Oregano Chicken & Fresh Tomato Pan Sauce

with Farro & Zucchini

2 OR 4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Chopped Chicken Breast or 20 oz for 4 servings



2 cloves Garlic



¼ cup Grated Parmesan Cheese



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



1 Tbsp Capers or 2 Tbsps for 4 servings



2 Tbsps Mascarpone Cheese or ¼ cup for 4 servings



1 Zucchini or 2 for 4 servings



4 oz Grape Tomatoes or ½ lb for 4 servings



1 tsp Whole Dried Oregano



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



13 11 6

SmartPoints® value per serving (as packaged)

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



6 44216 10135 1

STANDARD RECIPE



16 44216 10155 9

CUSTOMIZED

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

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

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**.
- Roughly chop the **capers**.



2 Cook the farro

- Add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



3 Cook the zucchini

- Meanwhile, in a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced zucchini** in an even layer. Cook, without stirring, 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 a plate. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and **half the oregano**. Toss to combine.
- In the same pan, heat **1 teaspoon 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. 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 plate.



5 Make the sauce

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **halved tomatoes**; season with salt and pepper. Cook, stirring frequently and pressing on the tomatoes with the back of a spoon, 1 to 2 minutes, or until slightly softened.
- Add the **chopped capers** and **remaining oregano**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- Add $\frac{1}{2}$ **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring constantly and scraping up any fond, 1 to 2 minutes, or until the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked zucchini**, **mascarpone**, and **half the parmesan**. Stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked chicken** and **sauce**. Garnish with the **remaining parmesan**. Enjoy!



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.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

