

Shawarma Chicken Thigh & Farro Bowl

with Vegetables & Tzatziki

2 SERVINGS

⌚ 30-40 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 

 1 clove Garlic

 ½ cup Tzatziki²


 ½ cup Semi-Pearled Farro


 1 Yellow or Red Onion


 ½ oz Pickled Peppadew Peppers

 1 Tbsp Shawarma Spice Blend³

 1 Zucchini

 4 oz Grape Tomatoes

 3 Tbsps Romesco Sauce¹

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

 **13** PersonalPoints[™] per serving

Now your Points value is personalized to YOU! Scan the barcode to see yours!

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

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STANDARD RECIPE

 7 93888 14565 8
CUSTOMIZED

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

To learn more about the (NEW!) WW PersonalPoints[™] program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. contains almonds 2. cucumber-yogurt sauce 3. Ground Coriander, Cumin Seeds, Garlic Powder, Smoked Sweet Paprika & Ground Turmeric
*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

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.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Quarter the **zucchini** lengthwise, then cut crosswise into $\frac{1}{2}$ -inch pieces.
- Halve, peel, and medium dice the **onion**.
- Halve the **tomatoes**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, combine the **halved tomatoes**, a drizzle of **olive oil**, and **as much of the garlic paste as you'd like**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- Roughly chop the **peppers**.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 5 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer the chicken to a cutting board and loosely cover with foil.

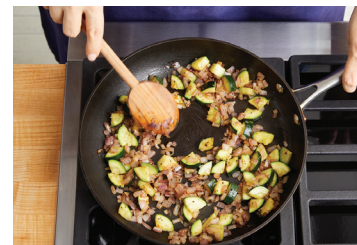


4 CUSTOMIZED STEP 3 If you chose Chicken Breasts

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer the chicken to a cutting board and loosely cover with foil.

4 Cook the vegetables

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces** and **diced onion** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Continue to cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Turn off the heat.



5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **romesco sauce**, **cooked vegetables**, and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished farro** topped with the **sliced chicken**, **tzatziki**, **marinated tomatoes**, and **chopped peppers**. Enjoy!



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