

# Honey-Chipotle Chicken

with Vegetable Farro

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**  
blueapron.com



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

## Ingredients

Customized ingredients

 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 1 Lime


 2 tsps Honey

 1/2 cup Semi-Pearled Farro

 2 cloves Garlic

 1/4 cup Sour Cream

 1 Poblano Pepper

 4 oz Grape Tomatoes

 2 tsps Chipotle Chile Paste



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)



**6 - 10** PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 6-10 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

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

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\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



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.



### 2 Prepare the ingredients & make the honey-chipotle sauce

- 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, finely grate 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, knife, and cutting board 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**, 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 chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- 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 to a cutting board. Loosely cover with foil to keep warm.



### 4 CUSTOMIZED STEP 3 If you chose Salmon

- Pat the **fish** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate. Cover with foil to keep warm.

### 4 Cook the pepper

- In the pan of reserved fond, heat a drizzle 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**.



### 5 Finish the farro & serve your dish

- To the bowl of **cooked pepper and tomatoes**, add the **cooked farro**, the **juice of the remaining lime wedges**, 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**, **honey-chipotle sauce**, and **lime sour cream**. Enjoy!



### 5 CUSTOMIZED STEP 5 If you chose Salmon

- Finish the farro as directed in Step 5.
- Serve the **finished farro** topped with the **cooked fish**, **honey-chipotle sauce**, and **lime sour cream**. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for fish.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](http://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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