Honey-Chipotle Chicken





F YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 😝 icon) and instructions tailored to you.*

Ingredients

Customized ingredients



SWAPPED FOR:









½ cup Semi-Pearled



2 cloves Garlic



1/4 cup Sour Cream



1 Poblano Pepper



4 oz Grape Tomatoes



2 tsps Chipotle Chile



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





PersonalPoints 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 93888 14215 2 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.

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

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

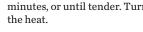
COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the farro

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot 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





• Drain thoroughly.

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.



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.

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, honeychipotle sauce, and lime sour cream. Enjoy!

CUSTOMIZED STEP 5 If you chose Salmon

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

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

Blue Apron, LLC, New York, NY 10005



Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.