

Za'atar-Roasted Chicken Thighs

with Warm Farro Salad & Creamy Harissa Dressing

2 SERVINGS

25-35 MINS



Your meal may look different due to ingredient tweaks

IF 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

12 oz Boneless, Skinless Chicken Thighs

SWAPPED FOR:

2 Boneless, Skinless Chicken Breasts

1 1/2 Tbsps Harissa Paste

1 Tbsp Za'atar Seasoning²

1/2 cup Semi-Pearled Farro

6 oz Carrots

1/4 cup Labneh Cheese

1 Red Onion

4 oz Sugar Snap Peas

1 Tbsp Weeknight Hero Spice Blend¹



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

11

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.



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 [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 Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

² Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** 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 Prepare the ingredients

- Preheat the oven to 450°F.
- Fill a medium pot ¾ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Halve and peel the **onion**; cut into ½-inch-wide wedges.
- Pull off and discard the tough string that runs the length of each **snap pea** pod. Place in a bowl; drizzle with **olive oil** and season with salt, pepper, and **¼ of the weeknight hero spice blend**. Toss to coat.



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 Roast the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and **all but a pinch of the za'atar**.
- Transfer to a sheet pan.
- Roast 15 to 17 minutes, or until browned and cooked through.*
- Remove from the oven.



For easier cleanup, line your sheet pans with foil.

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).

CUSTOMIZED STEP 3 If you chose Chicken Breasts

- Follow the directions in Step 3, but roast 18 to 20 minutes, or until browned and cooked through.*

4 Roast the vegetables

- Meanwhile, transfer the **carrot pieces** and **onion wedges** to a separate sheet pan.
- Drizzle with **olive oil** and season with salt, pepper, and the **remaining weeknight hero spice blend**. Toss to coat.
- Roast 15 minutes.
- Leaving the oven on, remove from the oven; carefully add the **seasoned peas** in an even layer.
- Return to the oven and roast 2 to 4 minutes, or until the vegetables are lightly browned and tender when pierced with a fork.
- Remove from the oven.



5 Make the dressing

- Meanwhile, in a bowl, combine the **labneh**, **harissa paste**, and **1 tablespoon of water**. Season with salt and pepper.



6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **roasted vegetables** and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **roasted chicken** with the **finished farro**. Drizzle with the **dressing** and garnish with the **remaining za'atar**. Enjoy!



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

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

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