

Chicken & Farro "Fried Rice"

with Peanuts & Ponzu Mayo

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients



22 oz Chicken Breast Strips



2 Pasture-Raised Eggs



1 cup Semi-Pearled Farro



¾ lb Carrots



1 Poblano Pepper



½ lb Red Cabbage



⅓ cup Asian-Style Sautéed Aromatics



2 Tbsps Soy Sauce



1 Tbsp Vegetarian Ponzu Sauce



1 Tbsp Sesame Oil



2 Tbsps Rice Vinegar



¼ cup Mayonnaise



3 Tbsps Roasted Peanuts



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

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.



"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**. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots** and thinly slice on an angle.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Crack the **eggs** into a bowl; season with salt and pepper. Beat until smooth.
- Roughly chop the **peanuts**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then cut crosswise into $\frac{1}{2}$ -inch pieces. Thoroughly wash your hands immediately after handling.
- In a bowl, combine the **mayonnaise** and **ponzu sauce**.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 2 to 3 minutes, or until browned. Continue to cook 2 to 3 minutes, stirring occasionally, or until 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 vegetables & eggs

- In the pan of reserved fond, heat the **sautéed aromatics** on medium-high until hot (be careful, as the liquid may splatter).
- Add the **sliced carrots** and **pepper pieces**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and slightly softened.
- Add the **sliced cabbage**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until softened.
- Using a spoon, move the vegetables to one side of the pan.
- Add a drizzle of **olive oil** to the other side, then add the **beaten eggs**. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until cooked through.
- Stir the vegetables and eggs to thoroughly combine.
- Transfer to a large bowl and season with salt and pepper.
- Wipe out the pan.



5 Finish the farro & serve your dish

- In the same pan, heat the **sesame oil** on medium-high until hot.
- Add the **cooked farro** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy.
- Turn off the heat and carefully stir in the **soy sauce** and **vinegar**.
- Transfer to the bowl of **cooked vegetables and eggs**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked chicken** and **ponzu mayo**. Garnish with the **chopped peanuts**. Enjoy!

