

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:





2 cloves Garlic



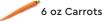
¼ cup Labneh Cheese



1 Tbsp Spanish Spice Blend1



½ cup Semi-Pearled





1 Lime



2 tsps Date Syrup



2 Persian Cucumbers



1 Red Onion



1 oz Dried Medjool Dates



2 Tbsps Red Wine Vinegar



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 9-12 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to in your vv vv app ...
7 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.

^{1.} Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon

^{*}Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the farro

- 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 the heat.
- Drain thoroughly and return to the pot.



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CUSTOMIZED STEP 1 If you chose Beyond Chicken®

- Place an oven rack in the center of the oven; preheat to 425°F.
- Cook the farro as directed in Step 1.

2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Pit and roughly chop the dates. Place in a medium bowl; cover with ½ cup of hot water. Set aside to rehydrate at least 10 minutes.
- Small dice the cucumbers.
- Halve, peel, and small dice the **onion**.
- Peel the carrots and thinly slice on an angle.
- Peel and roughly chop 2 cloves of garlic.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 1 teaspoon. Quarter the lime.

3 Marinate the cucumbers

- In a medium bowl, whisk together the **date syrup** and **vinegar** until combined.
- Add the diced cucumbers and
 4/4 of the diced onion. Season with salt and pepper; stir to coat.
- Set aside to marinate, stirring occasionally, at least 10 minutes.
 Taste, then season with salt and pepper if desired.



Cook the carrots & finish the farro

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the sliced carrots and remaining diced onion; season with salt and pepper. Cook, stirring frequently, 6 to 8 minutes, or until softened.



Step 4 continued:

- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until softened. Turn off the heat.
- Transfer to the pot of **cooked farro**; add **2 teaspoons of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- · Wipe out the pan.



CUSTOMIZED STEP 4 If you chose Beyond Chicken®

- Cook the carrots as directed in Step 4.
- Transfer to the pot of cooked farro; add the rehydrated dates (discarding the liquid), lime zest, the juice of 2 lime wedges, and 2 teaspoons of olive oil to the pot.
- Wipe out the pan.

5 Cook the chicken & make the sauce

- Pat the chicken dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the spice blend to coat (you may have extra). Toss to coat.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.



- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.
- Add the **rehydrated dates**, including the liquid (carefully, as it may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the liquid has thickened and the chicken is cooked through.
- Turn off the heat. Carefully stir in the lime zest and the juice of 2 lime wedges. Taste, then season with salt and pepper if desired.

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CUSTOMIZED STEP 5 If you chose Beyond Chicken®

- Line a sheet pan with foil.
- Place the **tenders** on the foil; sprinkle with enough of the **spice blend** to coat (you may have extra).
- Bake in the oven 7 to 9 minutes, flipping halfway through, or until lightly browned and cooked through.*
- Remove from the oven and immediately season with salt.

6 Season the labneh & serve your dish

- Season the **labneh** with salt and pepper.
- Serve the finished farro topped with the cooked chicken and sauce, marinated cucumbers (discarding any liquid), and seasoned labneh. Serve the remaining lime wedges on the side. Enjoy!





CUSTOMIZED STEP 6 If you chose Beyond Chicken®

- Season the labneh and serve your dish as directed with the **baked tenders** (instead of cooked chicken and sauce).

*An instant-read thermometer should register 145°F for Beyond Chicken®.



