

Lime & Date Chicken

with Vegetable Farro

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com




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

Ingredients


Customized ingredients



10 oz Boneless Chicken Breast Pieces 

SWAPPED FOR:



8 oz Plant-Based Beyond Chicken® Breaded Tenders 



2 cloves Garlic



¼ cup Labneh Cheese



1 Tbsp Spanish Spice Blend¹



½ cup Semi-Pearled Farro



6 oz Carrots



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



9 - 12

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 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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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 $\frac{3}{4}$ 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 and return to the pot.



🔄 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 $\frac{1}{2}$ **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 $\frac{1}{4}$ 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.



4 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.



🔄 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).

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).

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

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

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