

Smoky Chicken & Creamy Cilantro Sauce

over Spicy Carrots & Farro

4 SERVINGS | 30-40 MINS

 **Blue Apron**
blueapron.com




Ingredients

 4 Boneless, Skinless Chicken Breasts


 2 cloves Garlic


 ½ cup Plain Nonfat Greek Yogurt

 4 tsp Honey


 1 cup Semi-Pearled Farro


 1 Bird's Eye Chile Pepper

 ½ cup Cilantro Sauce

 1 Tbsp Smoky Spice Blend¹

 ¾ lb Carrots

 1 oz Pickled Peppadew Peppers

 2 Tbsps Red Wine Vinegar



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



6 - 10 PersonalPoints[™] range per serving

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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.

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1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder

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 $\frac{3}{4}$ 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. Cover to keep warm.



2 Prepare the ingredients & make the dressing

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppadew peppers**.
- Cut off and discard the stem of the **chile pepper**; thinly slice crosswise (for a milder dish, remove and discard the ribs and seeds). Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **cilantro sauce** and **yogurt**.
- To make the dressing, in a separate bowl, whisk together the **honey** (kneading the packet before opening) and **vinegar** until combined. Add **as much of the sliced chile pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper; stir to combine.



3 Cook the carrots

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, 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.*
- Turn off the heat.



5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **dressing**, **chopped peppadew peppers**, and **cooked carrots**. Season with salt and pepper; stir to combine.
- Serve the **finished farro** topped with the **cooked chicken** and **creamy cilantro sauce**. Enjoy!



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