

## Ingredients



4 Boneless, Skinless Chicken Breasts



2 cloves Garlic



½ cup Plain Nonfat Greek Yogurt



4 tsps Honey



1 cup Semi-Pearled Farro



1 Bird's Eye Chile Pepper



½ cup Cilantro



1 Tbsp Smoky Spice Blend<sup>1</sup>



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





PersonalPoints<sup>-</sup> range per serving

Now your Points value is personalized to YOU! It could be between 6-10 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to 1 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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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? 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 Cook the farro

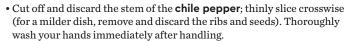
- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the farro and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.



• Drain thoroughly and return to the pot. 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.



- 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.





### 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.

