

Seared Chicken & Vegetable Barley

with Marinated Peach & Garlic Sour Cream

2 OR 4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*



10 oz Boneless Chicken Breast Pieces or 20 oz for 4 servings



1 clove Garlic



¼ cup Sour Cream or ½ cup for 4 servings



1 Tbsp Southern Spice Blend¹



½ cup Pearled Barley or ¾ cup for 4 servings



1 Bell Pepper or 2 for 4 servings



2 tsps Date Syrup



1 Red Onion or 2 for 4 servings



1 Peach or 2 for 4 servings



1 Tbsp Red Wine Vinegar or 2 Tbsps for 4 servings



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



8 - 12 PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 8-12 Points. Scan the barcode to see yours!

If you customized this recipe, your PersonalPoints may differ from what's above.



STANDARD RECIPE



CUSTOMIZED

Scan these barcodes in your WW app to track PersonalPoints. Wine is not included in PersonalPoints calculations.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.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 Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

Hey, Chef! If you chose to increase the serving size for this recipe, look for specialized directions in italics in the steps below.

WW member? Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting PersonalPoints? 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 barley

- 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 **barley** and cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Halve, pit, and small dice the **peach**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Halve, peel, and thinly slice the **onion**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- In a bowl, combine the **diced peach, vinegar, date syrup**, and a **big pinch of salt**. Stir until thoroughly combined. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **sour cream, 2 teaspoons of water, a pinch of the spice blend**, and **as much of the garlic paste as you'd like**; season with salt and pepper.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and enough of the **remaining spice blend** to coat (you may have extra). Toss to coat.
- In a medium pan *or a large pan if you're cooking 4 servings* (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, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring frequently, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl. Cover with foil to keep warm.



4 Cook the vegetables

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion** and **sliced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.
- Turn off the heat.



5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **marinated peach** (including any liquid), **cooked vegetables**, and a drizzle of **olive oil**; season with salt and pepper. Stir to combine.
- Serve the **finished barley** topped with the **cooked chicken** and **garlic sour cream**. Enjoy!



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).

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

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