

# Mexican Chicken & Lime Sour Cream

with Esquites-Style Farro Salad

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



18 oz Boneless Chicken Breast Pieces



2 Bell Peppers



2 Tbsps Grated Cotija Cheese



¼ tsp Crushed Red Pepper Flakes



1 cup Semi-Pearled Farro



2 Scallions



½ cup Sour Cream



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



4 ears of Corn



1 Lime



¼ cup Mayonnaise



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



**10 - 15** PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 10-15 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.

To learn more about the (NEW!) WW PersonalPoints<sup>™</sup> program, visit [www.ww.com](https://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. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*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**. Cook, uncovered, 18 to 20 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.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 2 teaspoons. Quarter the lime.
- Cut off and discard the stems of the **peppers**. Halve lengthwise; remove the ribs and seeds, then large dice.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, combine the **diced peppers**, **corn kernels**, and **sliced white bottoms of the scallions**.
- In a separate bowl, combine the **sour cream** and the **juice of 2 lime wedges**; season with salt and pepper.



### 3 Cook the vegetables

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepper-corn mixture** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, without stirring, 3 to 4 minutes, or until lightly browned (be careful, as the corn may pop as it cooks); season with salt and pepper.



#### Step 3 continued:

- Continue to cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off.
- Transfer to a bowl.
- Wipe out the pan.

### 4 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**. 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. Continue to cook, stirring occasionally, 3 to 4 minutes, 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 **cooked vegetables**, **mayonnaise**, **lime zest**, and the **juice of the remaining lime wedges**; season with salt and pepper. Stir to combine.
- Serve the **finished farro** topped with the **cooked chicken** and **lime sour cream**. Garnish with the **cheese** and **sliced green tops of the scallions**. Enjoy!

