

Smoky Chicken & Lemon Labneh

over Spicy Squash & Farro

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*


 2 Boneless, Skinless Chicken Breasts

 1 clove Garlic


 1 Lemon

 2 tsp Honey

 ½ cup Semi-Pearled Farro


 1 oz Sliced Roasted Red Peppers

 2 Tbsps Dried Currants

 1 Tbsp Smoky Spice Blend¹

 1 Delicata Squash

 1 Bird's Eye Chile Pepper

 ¼ cup Labneh Cheese



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



7-11

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 7-11 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.

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1. Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare & roast the squash

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into $\frac{1}{2}$ -inch pieces.
- Transfer to a sheet pan; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



2 Cook the farro

- Meanwhile, add the **farro** to the pot of boiling water 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.



3 Prepare the remaining ingredients

- Meanwhile, peel 1 **clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Roughly chop the **roasted red peppers**.
- Halve the **lemon** crosswise; remove the seeds.
- 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, knife, and cutting board immediately after handling.



Step 3 continued:

- In a bowl, combine the **labneh**, the **juice of 1 lemon half**, a drizzle of **olive oil**, and **as much of the garlic paste as you'd like**.
- To make the dressing, in a separate bowl, combine the **honey** (kneading the packet before opening) and the **juice of the remaining lemon half**; whisk until thoroughly 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.

4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), 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.*
- Transfer to a cutting board.



5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **dressing**, **chopped red peppers**, **currants**, and **roasted squash**. Season with salt and pepper; stir to combine.
- Slice the **cooked chicken** crosswise.
- Serve the **finished farro** topped with the **sliced chicken** and **lemon labneh**. Enjoy!



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