

# Oregano Chicken & Fresh Tomato Pan Sauce

with Farro & Zucchini

2 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



10 oz Boneless Chicken Breast Pieces



2 cloves Garlic



1/4 cup Grated Parmesan Cheese



1/2 cup Semi-Pearled Farro



4 oz Grape Tomatoes



2 Tbsps Mascarpone Cheese



1 Zucchini



1 Tbsp Capers



1 tsp Whole Dried Oregano



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



9 - 12

PersonalPoints™  
range per serving

Now your Points value is personalized to YOU! It could be between 9-12 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™ 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.

\*Ingredients may be replaced and quantities may vary.

Learn more at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Prepare the ingredients

- 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.
- Halve the **zucchini** lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**.
- Roughly chop the **capers**.



### 2 Cook the farro

- Add the **farro** to the pot of boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



### 3 Cook the zucchini

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



### 4 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and **half the oregano**. Toss to coat.
- In the same pan, heat **1 teaspoon 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.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



### 5 Make the sauce

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **halved tomatoes**; season with salt and pepper. Cook, stirring frequently and pressing on the tomatoes with the back of a spoon, 1 to 2 minutes, or until slightly softened.
- Add the **chopped capers** and **remaining oregano**. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- Add  $\frac{1}{2}$  **cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring constantly and scraping up any fond, 1 to 2 minutes, or until the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.



### 6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cooked zucchini**, **mascarpone**, and **half the parmesan**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked chicken** and **sauce**. Garnish with the **remaining parmesan**. Enjoy!

