

Honey-Chipotle Chicken

with Vegetable Farro

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*



10 oz Boneless Chicken Breast Pieces



1 Bell Pepper



1 Lime



2 tsps Honey



½ cup Semi-Pearled Farro



2 cloves Garlic



¼ cup Sour Cream



3 oz Radishes



4 oz Grape Tomatoes



2 tsps Chipotle Chile Paste



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



8-11

PersonalPoints™
range per serving

Now your Points value is personalized to YOU! It could be between 8-11 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.

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.

*Ingredients may be replaced and quantities may vary.

Learn more at blueapron.com/pages/wellness

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 $\frac{3}{4}$ 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.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **tomatoes**; place in a large bowl and season with salt and pepper.
- Using a zester or the small side of a box grater, finely grate the **lime** to get 1 teaspoon. Quarter the lime.
- Halve the **radishes** lengthwise, then thinly slice crosswise.
- In a separate bowl, combine the **sliced radishes** and the **juice of 2 lime wedges**. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate bowl, combine the **sour cream** and **lime zest**; season with salt and pepper.
- In a separate bowl, whisk together the **honey** (kneading the packet before opening), the **juice of the remaining lime wedges**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a medium pan (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 occasionally, 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 pepper

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced pepper**; season with salt and pepper. Cook, stirring occasionally, 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 the bowl of **seasoned tomatoes**.



5 Finish the farro & serve your dish

- To the bowl of **cooked pepper and tomatoes**, add the **cooked farro**, **marinated radishes** (including any liquid), and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked chicken**, **honey-chipotle sauce**, and **lime sour cream**. Enjoy!

