

# Mexican-Spiced Chicken

with Barley, Salsa Macha & Lime Mayo

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



10 oz Boneless Chicken Breast Pieces



½ cup Pearled Barley



1 Bell Pepper



2 Scallions



4 oz Grape Tomatoes



1 Lime



2 tsp Chipotle Chile Paste



2 Tbsps Mayonnaise



4 tsp Honey



3 Tbsps Roasted Peanuts



1 tsp Black & White Sesame Seeds



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



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



13 - 16

PersonalPoints™  
range per serving

Now your Points value is personalized to YOU! It could be between 13-16 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.

1. Ancho Chile Powder, Smoked Paprika, Garlic Powder, Ground Cumin & Dried Mexican Oregano  
\*Ingredients may be replaced and quantities may vary.

**Hey, Chef!** 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](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook the barley

- 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 **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.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice.
- Cut the **white bottoms of the scallions** crosswise into 1-inch pieces; thinly slice the **hollow green tops**.
- Halve the **tomatoes**.



### 3 Cook the vegetables

- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **diced pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **prepared white bottoms of the scallions** and **halved tomatoes**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened.
- Transfer to a bowl and 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 enough of the **spice blend** to coat (you may have extra). 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 frequently, 3 to 4 minutes, or until browned and cooked through.
- Transfer to a plate.



### 5 Make the salsa macha & lime mayo

- Meanwhile, finely chop the **peanuts**.
- Quarter the **lime**.
- In a bowl, combine the **chopped peanuts, sesame seeds, honey** (kneading the packet before opening), **the juice of 2 lime wedges**, a drizzle of **olive oil**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **mayonnaise** and **the juice of the remaining lime wedges**; season with salt and pepper.



### 6 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables** and a drizzle of **olive oil**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **cooked chicken** over the **finished barley**. Top the chicken with the **salsa macha** and **lime mayo**. Garnish with the **sliced green tops of the scallions**. Enjoy!



To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of [blueapron.com](http://blueapron.com), nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](http://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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