

# Za'atar Chicken Grain Bowl

with Veggies & Lemon-Tahini Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients\*



10 oz Boneless Chicken Breast Pieces



½ cup Pearled Barley



1 Red Onion



6 oz Kale



2 clove Garlic



1 oz Sliced Roasted Red Peppers



1 Lemon



2 Tbsps Dried Currants



2 Tbsps Tahini



1 Tbsp Za'atar Seasoning<sup>1</sup>



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



7 Points<sup>®</sup> value per serving



Scan this barcode in your WW app to track Points™. Wine is not included in Points™ as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating.

To learn more about the (NEW!) WW Points™ program, visit [ww.com](https://ww.com). The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Sumac, Aleppo Pepper, Sesame Seeds, Salt, Thyme & Whole Oregano  
\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

### 1 Cook the barley

- 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.
- Halve, peel, and thinly slice the **onion**.
- Peel and roughly chop 2 **cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Roughly chop the **peppers**.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **tahini**, **2 tablespoons of water**, and the **juice of 2 lemon wedges**; season with salt and pepper.



### 3 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and **half the za'atar**. Toss to coat.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.



### Step 3 continued:

- 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 and cover with foil to keep warm.

### 4 Cook the vegetables

- To the pan of reserved fond, add the **sliced onion** and **chopped garlic**. Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **chopped kale** and **remaining za'atar**. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add  $\frac{1}{4}$  **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Add the **juice of the remaining lemon wedges**; stir to combine.



### 5 Finish the barley & serve your dish

- To the pot of **cooked barley**, add the **cooked vegetables**, **currants**, and **chopped peppers**; stir to combine.
- Serve the **cooked chicken** over the **finished barley**. Top with the **lemon-tahini sauce**. Enjoy!

