

# Smoky Chicken & Spicy Carrot Farro

with Creamy Cilantro Sauce

2 SERVINGS

30-40 MINS

 **Blue Apron**

blueapron.com



## Ingredients\*



10 oz Boneless Chicken Breast Pieces



½ cup Semi-Pearled Farro



2 cloves Garlic



6 oz Carrots



1 Bird's Eye Chile Pepper



½ oz Pickled Peppadew Peppers



¼ cup Labneh Cheese



1 Tbsp Red Wine Vinegar



2 tsps Honey



¼ cup Cilantro Sauce



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



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



11 Points<sup>™</sup> value per serving



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

To learn more about the (NEW!) WW Points<sup>™</sup> 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. 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 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 and return to the pot. Cover to keep warm.



### 2 Prepare the ingredients & make the dressing

- Meanwhile, wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppadew peppers**.
- 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 immediately after handling.
- In a bowl, whisk together the **cilantro sauce** and **labneh**.
- To make the dressing, in a separate bowl, whisk together the **honey** (kneading the packet before opening) and **vinegar** until 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.



### 3 Cook the carrots

- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. 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 **2 teaspoons 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.
- Turn off the heat.



### 5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **dressing, chopped peppadew peppers, and cooked carrots**. Season with salt and pepper; stir to combine.
- Serve the **finished farro** topped with the **cooked chicken** and **creamy cilantro sauce**. Enjoy!

