

Za'atar Chicken Bowl

with Warm Farro Salad & Creamy Feta Dressing

2 SERVINGS

⌚ 25-35 MINS



blueapron.com



Ingredients*

Customized ingredients for vegetarian dish

OMITTED:



10 oz Boneless Chicken Breast Pieces

ADDED:



2 Pasture-Raised Eggs



½ cup Semi-Pearled Farro



6 oz Green Beans



6 oz Carrots



1 Red Onion



1 ½ oz Feta Cheese



¼ cup Labneh Cheese



1 Tbsp Weeknight Hero Spice Blend¹



1 Tbsp Za'atar Seasoning²



9

Points[®] 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.

If you customized this recipe, your Points may differ from what's above.

To learn more about the (NEW!) WW Points™ program, visit 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. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley 2. 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 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Halve and peel the **onion**; cut into $\frac{1}{2}$ -inch-wide wedges.
- Cut off and discard any stem ends from the **green beans**; cut crosswise into 2-inch pieces.



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 Roast the vegetables

- Meanwhile, transfer the **carrot pieces, onion wedges, and green bean pieces** to a sheet pan.
- Drizzle with **olive oil** and season with salt, pepper, and the **weeknight hero spice blend**. Toss to coat; arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



4 Cook the chicken

- Once the vegetables have roasted for about 10 minutes, pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and **all but a pinch of the za'atar**; toss to coat.
- In a medium pan (nonstick, if you have one), heat a drizzle **olive oil** on medium-high until hot.



Step 4 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.
- Turn off the heat.

↻ CUSTOMIZED STEP 4 If you chose Vegetarian

- Once the vegetables have roasted about 10 minutes, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness.
- Turn off the heat.

5 Make the dressing

- Meanwhile, in a bowl, combine the **labneh, feta** (crumbling before adding), and **2 tablespoons of water**. Season with salt and pepper.



6 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **roasted vegetables** and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked chicken**. Drizzle with the **dressing** and garnish with the **remaining za'atar**. Enjoy!



↻ CUSTOMIZED STEP 6 If you chose Vegetarian

- Finish the farro as directed in Step 6.
- Serve the **finished farro** topped with the **cooked eggs**. Drizzle with the **dressing** and garnish with **as much of the za'atar as you'd like**. Enjoy!