

Za'atar-Spiced Chicken & Farro Salad

with Lemon-Garlic Yogurt

WW™ APPROVED
CARB CONSCIOUS
500 CALORIES OR LESS
MEDITERRANEAN

🕒 25-35 MINS | 4 SERVINGS

To top a hearty farro salad (studded with marinated vegetables and fresh mint leaves), tender slices of chicken are cooked in a coating of herby za'atar—a traditional Middle Eastern blend that features thyme, oregano, and tart sumac. It all comes together with a drizzle of bright, creamy yogurt sauce.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



10 7 3

SmartPoints® value per serving



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Ingredients



4
BONELESS,
SKINLESS CHICKEN
BREASTS



1/2 lb
GRAPE TOMATOES



1 oz
CASTELVETRANO
OLIVES



1 tsp
PRESERVED
LEMON PURÉE



1/2 cup
PLAIN NONFAT
GREEK YOGURT



1 bunch
MINT



1 cup
SEMI-PEARLED
FARRO



4
PERSIAN
CUCUMBERS



1 clove
GARLIC



1 Tbsp
RED WINE
VINEGAR



1 Tbsp
ZAA'TAR
SEASONING*

*Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper



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1 Cook the farro:

- 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. Drain thoroughly.



2 Cook the chicken:

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **half the za'atar**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.** Transfer to a cutting board.



3 Prepare the ingredients & marinate the vegetables:

- Meanwhile, wash and dry the fresh produce.
- Halve the **tomatoes**.
- Small dice the **cucumbers**.
- Pit and roughly chop the **olives**.
- In a large bowl, combine the **halved tomatoes, diced cucumbers, chopped olives, vinegar, remaining za'atar**, and **1 tablespoon of olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- Peel **1 clove of garlic**; using a zester, finely grate into a paste (or use the small side of a box grater).
- Pick the **mint** leaves off the stems.



4 Make the lemon-garlic yogurt:

- While the vegetables marinate, in a bowl, combine the **yogurt, lemon purée, 1 tablespoon of water**, and **as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



5 Finish the farro & serve your dish:

- To the bowl of **marinated vegetables**, add the **cooked farro** and **half the mint leaves** (tearing before adding). Stir to combine. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished farro** topped with the **sliced chicken**. Drizzle with the **lemon-garlic yogurt** and garnish with the **remaining mint leaves**. Enjoy!

**An instant-read thermometer should register 165°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 460, Total Carbohydrates: 36g, Dietary Fiber: 5g, Added Sugar: 0g, Total Fat: 13g, Saturated Fat: 2g, Protein: 48g, Sodium: 1040mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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