

Smoky Chicken & Creamy Cilantro Sauce

with Vegetable Farro

WW™ APPROVED
DIABETES FRIENDLY
MEDITERRANEAN

🕒 30-40 MINS | 4 SERVINGS

For our quick spin on piri piri chicken—or Portuguese-style spiced, marinated chicken—we're coating chicken with a blend of paprika, ground yellow mustard, and more, then topping it with a creamy cilantro sauce for cooling contrast. It's all served over a hearty bed of tender zucchini and verdant arugula folded into warm farro.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®

WW | 14 | 11 | 7 SmartPoints® value per serving



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TOP RATED
Recipes



4
BONELESS,
SKINLESS
CHICKEN BREASTS



2 cloves
GARLIC



2 Tbsps
PICKLED
PERUVIAN
PEPPERS



4 tps
HONEY



1 Tbsp
WHITE WINE
VINEGAR



1 Tbsp
SMOKY SPICE
BLEND*



1 cup
SEMI-PEARLED
FARRO



4 oz
ARUGULA



2
ZUCCHINI



1/4 cup
CILANTRO SAUCE



2 Tbsps
FROMAGE BLANC



1/4 tsp
CRUSHED RED
PEPPER FLAKES

*Smoked Paprika, Sweet Paprika, Ground Yellow Mustard, Garlic Powder & Onion Powder



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. This recipe is 220mg sodium per serving as packaged.

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:

- Meanwhile, wash and dry the fresh produce.
- Medium dice the **zucchini**.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **peppers**.
- In a bowl, whisk together the **cilantro sauce** and **fromage blanc**.
- To make the dressing, in a separate bowl, whisk together the **honey** (kneading the packet before opening), **vinegar**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper.



3 Cook the zucchini:

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **diced zucchini** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned. Season with salt and pepper.
- Add the **chopped garlic**. Cook, stirring frequently, 2 to 3 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; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, 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.** Turn off the heat.



5 Finish the farro & serve your dish:

- To the pot of **cooked farro**, add the **dressing**, **cooked zucchini**, **arugula**, **chopped peppers**, and $\frac{1}{2}$ **teaspoon of olive oil**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked chicken**. Drizzle with the **creamy cilantro sauce**. Enjoy!



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



NUTRITION PER SERVING (AS PREPARED)* Calories: 510, Total Carbohydrates: 43g, Dietary Fiber: 5g, Added Sugar: 7g, Total Fat: 16g, Saturated Fat: 2g, Protein: 48g, Sodium: 940mg.

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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