

Smoky Chicken & Spicy Carrot Farro

with Creamy Cilantro Sauce

2 SERVINGS

⌚ 30-40 MINS

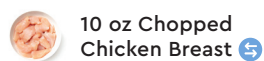
 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

Ingredients

Customized ingredients

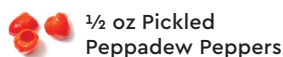


10 oz Chopped Chicken Breast 

SWAPPED FOR:



2 Boneless, Center-Cut Pork Chops 



1/2 oz Pickled Peppadew Peppers



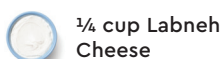
1 Tbsp Red Wine Vinegar



1/2 cup Semi-Pearled Farro



2 cloves Garlic



1/4 cup Labneh Cheese



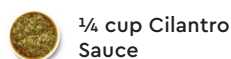
1 Tbsp Honey



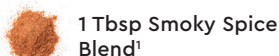
6 oz Carrots



1 Bird's Eye Chile Pepper



1/4 cup Cilantro Sauce



1 Tbsp Smoky Spice Blend¹

 Serve with Blue Apron wine that has this symbol
blueapron.com/wine



16 13 9

SmartPoints® value per serving (as packaged)



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

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

To learn more about WW's points program, visit www.ww.com. The WW logo, SmartPoints 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

- 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, knife, and cutting board immediately after handling.
- In a bowl, whisk together the **cilantro sauce** and **labneh**.
- To make the spicy 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.



Step 3 continued:

- 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). Stir 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.



CUSTOMIZED STEP 4 If you chose Pork

- Pat the **pork** 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 **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.*
- Transfer to a cutting board and let rest at least 5 minutes.

5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **spicy 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!



CUSTOMIZED STEP 5 If you chose Pork

- Finish the farro as directed in Step 5.
- Slice the **rested pork** crosswise.
- Serve the **finished farro** topped with the **sliced pork** and **creamy cilantro sauce**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 145°F for pork.