

Tomatillo Chicken & Barley Bowls

with Roasted Shishito Peppers & Orange Salsa

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients



10 oz Chopped Chicken Breast



1 Shallot



¼ cup Sour Cream



1 ½ Tbsps Golden Raisins



½ cup Pearled Barley



2 Scallions



⅓ cup Tomatillo-Poblano Sauce



3 oz Shishito Peppers



1 Navel Orange



2 Tbsps Raw Pepitas



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



10 - 14 PersonalPoints™ range per serving

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

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COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Cook the barley

- 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.
- Once boiling, add the **barley**. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients & make the orange salsa

- Meanwhile, wash and dry the fresh produce.
- Peel and large dice the **shallot**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel and small dice the **orange**. Place in a bowl; add the **sliced green tops of the scallions** and a drizzle of **olive oil**. Season with salt and pepper; stir to combine.
- Cut off and discard the stems of the **peppers**; cut into 1-inch pieces. Thoroughly wash your hands immediately after handling.
- In a bowl, whisk together the **sour cream** and **half the tomatillo-poblano sauce**. Taste, then season with salt and pepper if desired.



3 Roast the vegetables

- Place the **diced shallot** and **pepper pieces** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 11 to 13 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Toast the pepitas

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pepitas**; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until lightly browned (be careful, as the pepitas may pop as they toast).
- Transfer to a bowl; immediately season with salt.
- Wipe out the pan.



5 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle 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 browned.
- Add the **sliced white bottoms of the scallions** and **remaining tomatillo-poblano sauce** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the chicken is coated and cooked through.
- Turn off the heat.



6 Finish the barley & serve your dish

- Add the **toasted pepitas** and **raisins** to the pot of **cooked barley**; stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **cooked chicken** (including any sauce from the pan), **roasted vegetables**, and **orange salsa**. Drizzle with the **tomatillo sour cream**. Enjoy!

