





Ingredients



10 oz Chopped Chicken Breast



1 Shallot



1/4 cup Sour Cream





½ cup Pearled Barley



2 Scallions



1/3 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





PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 10-14 Points. Scan the barcode to see yours!



Scan this barcode scan uns societation your WW app to track Personal Points.

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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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Personal Points? Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit ww.com.

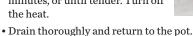
COOK ALONG WITH



"Alexa, find Blue Apron recipes."

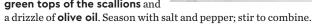
1 Cook the barley

- · Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 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





- · 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



- 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 tomatillopoblano 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.

Eniov!

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



