



Fast! Caprese Chicken & Farro Bowl

with Pesto & Pine Nuts



ca. 20min



2 Servings

Caprese salad is so delicious that we created a meal inspired by it! Tomatoes, mozzarella, and basil comprise the classic Caprese. Our twist? We add juicy pan-roasted chicken breasts, a farro salad with fresh spinach, and ready-made pesto for a sweet basil flavor in every bite. A warm balsamic vinaigrette brings it all together. You can almost feel the warm Mediterranean sun beaming down on you!

What we send

- ½ oz pine nuts ¹
- 2 plum tomatoes
- ½ lb pkg chicken breast strips
- 10 oz ready to heat farro ²
- 3 oz baby spinach
- 2 oz basil pesto ³
- 1 pkt Dijon mustard
- 3¾ oz mozzarella ³

What you need

- olive oil
- balsamic vinegar
- sugar
- kosher salt & ground pepper

Tools

- medium skillet
- small saucepan

Cooking tip

No balsamic vinegar? Mix red wine vinegar with a pinch of sugar and use in place of balsamic.

Allergens

Tree Nuts (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 830kcal, Fat 46g, Carbs 65g, Protein 54g



1. Toast pine nuts

Transfer **pine nuts** to a medium skillet. Cook over medium-high heat, stirring, until toasted and browned, 2-3 minutes (watch closely). Transfer to a small bowl. Reserve skillet for step 2.



2. Prep tomatoes & chicken

Meanwhile, cut **tomatoes** into 1-inch pieces.

In a small bowl, combine **1 tablespoon each of oil and vinegar**, and **¼ teaspoon each of sugar and salt**. Add **tomatoes** and stir to combine, set aside to marinate until step 6.

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **chicken** and cook until browned and cooked through, 5-7 minutes, flipping halfway through.



3. Heat farro

Meanwhile, in a small saucepan, combine **farro** and **2 tablespoons water**. Heat over medium-high until grains are warmed through, 2-4 minutes. Working in batches if necessary, add **spinach** and stir until wilted, about 1 minute more. Add **pesto** and stir until farro and spinach are evenly coated. Remove from heat. Season to taste with **salt** and **pepper**.



4. Make warm vinaigrette

Transfer **chicken** to a plate. Remove skillet from heat. Add **mustard** and **1 tablespoon each of oil, vinegar, and water**. Whisk until combined and vinaigrette is emulsified. Stir **2 tablespoons water** to thin. Season to taste with **salt** and **pepper**.



5. Assemble

Spoon **farro** into bowls and top with **chicken** and **tomatoes**. Tear **mozzarella** into large pieces; place next to **chicken** and **tomatoes**. Drizzle **warm balsamic vinaigrette** over top, and garnish with **toasted pine nuts**.



6. Serve

Enjoy!