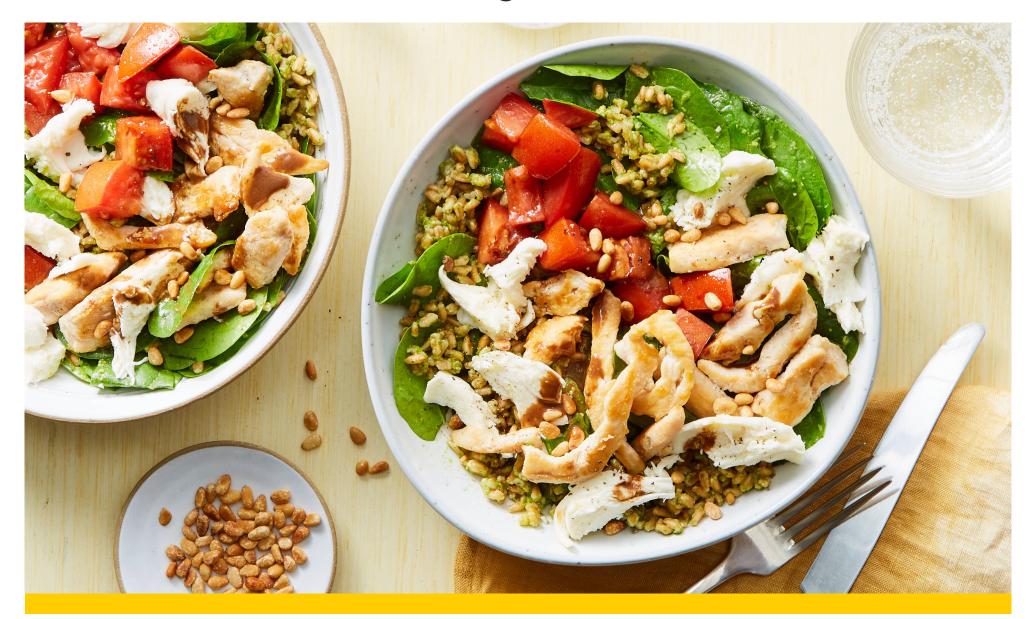
# MARLEY SPOON



## 20-Min: 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

- 1/2 oz pine nuts 1
- 2 plum tomatoes
- ½ lb pkg chicken breast strips
- + 10 oz ready to heat farro  $^{\rm 2}$
- 3 oz baby spinach
- 2 oz basil pesto <sup>3</sup>
- 1 pkt Dijon mustard
- 3¾ oz mozzarella <sup>3</sup>

### 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 3.



2. Marinate tomatoes

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.



3. Cook chicken

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.

Transfer chicken to a plate. Remove skillet from heat and reserve for step 5.



4. 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**.



5. Make vinaigrette & finish

To same skillet, add **mustard** and **1** tablespoon each of water, oil, and vinegar. Whisk until combined. Stir **2** tablespoons water to thin; season with salt and pepper. Spoon farro into bowls; top with chicken and tomatoes. Tear **mozzarella** into large pieces; place next to chicken and tomatoes. Drizzle warm vinaigrette over, and garnish with toasted pine nuts.



6. Serve

Enjoy!