

# DINNERLY



## Chicken, Mozzarella & Tomato Grain Bowl

with Spinach & Farro



ca. 20min



2 Servings

If you thought this was your standard grain bowl, you thought wrong. We took inspo from the famous and much-loved caprese, and turned it into a heart-healthy bowl piled high with pillowy farro tossed in tomatoey goodness. We'd make everything caprese-themed, if we could. We've got you covered!

## WHAT WE SEND

- 4 oz farro <sup>1</sup>
- 2 scallions
- 8 oz tomato sauce
- 1 plum tomato
- 3¾ oz mozzarella <sup>7</sup>
- 3 oz baby spinach
- 10 oz pkg boneless, skinless chicken breast

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- red wine vinegar (or white wine vinegar)

## TOOLS

- medium saucepan
- medium skillet

## ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 690kcal, Fat 28g, Carbs 58g, Protein 55g



### 1. Cook grains

Bring a medium saucepan of **salted water** to a boil over high. Add **farro** and cook until al dente, 18–20 minutes. Drain well; cover to keep warm off heat until step 5.



### 2. Prep & cook chicken

While **farro** cooks, pat **chicken** dry and season all over with **salt** and **pepper**. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.

Trim ends from **scallions** and thinly slice. Finely chop **2 teaspoons garlic**.



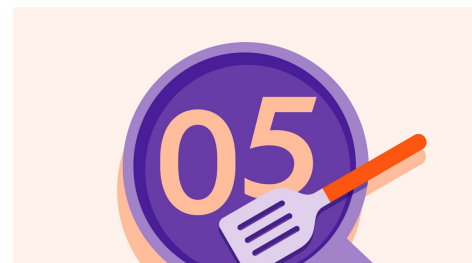
### 3. Cook tomato sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chopped garlic** and **half of the scallions**; cook, stirring, until softened and fragrant, about 1 minute. Stir in **tomato sauce**, **¼ cup water**, and **¼ teaspoon salt**; bring to a simmer and cook, stirring occasionally, until slightly reduced, about 5 minutes.



### 4. Make salad

While **sauce** cooks, cut **tomato** and **mozzarella** into ½-inch pieces. Transfer to a medium bowl; toss with **remaining scallions**, **1 tablespoon vinegar**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



### 5. Finish & serve

Return skillet with **sauce** to medium-high heat; add **farro** and **spinach** and cook, stirring, until spinach is wilted, about 2 minutes. Season to taste with **salt** and **pepper**.

Slice **chicken**. Serve **spinach and farro** topped with **chicken** and **mozzarella and tomato salad**. Enjoy!



### 6. Take it to the next level

Add chopped olives or pepperoncini, or even some capers to the salad in step 4 for a briny kick.