



Fast! Chicken & Farro Grain Bowl

with Mozzarella & Arugula



under 20min



2 Servings

The quality of the day hinges on the quality of lunch. There are no hours, only Before Lunch and After Lunch. So, whether you're at home, or at work (or if that's the same place) - treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This loaded grain bowl is everything lunch should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going until dinnertime!

What we send

- 15 oz can cannellini beans
- 3¼ oz mozzarella ⁷
- 1 lemon
- 1 pkt crushed red pepper
- 1 radish
- 10 oz pkg chicken breast strips
- 1 oz walnuts ¹⁵
- 4 oz farro ¹
- ½ oz honey
- 1 pkt Dijon mustard ¹⁷
- 3 oz arugula

What you need

- neutral oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- kosher salt & ground pepper

Tools

- microplane or grater
- medium nonstick skillet

Allergens

Wheat (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 980kcal, Fat 52g, Carbs 73g, Protein 62g



1. Marinate beans & cheese

Rinse and drain **beans**. Cut **mozzarella** into bite-sized cubes. Finely grate **zest from half of the lemon** into a medium bowl. Add **beans, cheese, 1 tablespoon each of oil and vinegar**; toss to combine. Season to taste with **crushed red pepper flakes** and **salt**. Let marinate while you continue the recipe.

(Prep in a resealable container and store in fridge if planning to eat later).



4. Prep dressing

To bowl with **lemon juice**, whisk in **honey, Dijon** and **¼ cup oil**. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Thinly slice **radishes** into rounds. Squeeze **all of the lemon juice** into a large bowl.

Pat **chicken** dry; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken in a single layer; cook, undisturbed, until browned on the bottom, 3 minutes. Stir and cook until cooked through, about 2 minutes more. Set aside; wipe skillet.



5. Eat now!

Transfer **farro, chicken, arugula, beans, mozzarella** and **radishes** to deep bowls. Sprinkle **walnuts** on top and drizzle **dressing** over top. Enjoy!



3. Toast walnuts, cook farro

Heat **1 teaspoon oil** in a medium saucepan over medium-high. Add **walnuts** and a **pinch of salt**; cook, stirring, until fragrant and lightly toasted, 2-3 minutes. Transfer to a plate. Add **farro**; cook until toasted, about 2 minutes. Add **1 cup water** and **½ teaspoon salt**; cover and bring to a boil. Reduce heat to a simmer; cook until tender and water is absorbed, about 12-15 minutes.



6. Make ahead to eat later!

Transfer **beans, mozzarella** and **radishes** to a resealable container and store in fridge. Transfer **dressing** to a separate container and store in fridge. When ready to eat, heat **chicken** and **farro** as directed in steps 2 and 3, toss **farro** and **arugula** with **dressing**, and plate as directed in step 5.