



Chicken, Farro & Squash Salad

with Honey & Thyme Vinaigrette



ca. 20min



2 Servings

Who says a salad can't be filling? We pack this one with tender roasted squash, a tasty high volume food as healthy as it is satiating. Toothsome farro bolsters the delicate red leaf lettuce, while toasted pecans and creamy feta add delicious texture. A simple vinaigrette featuring fresh thyme and honey sweetens the deal on this nutritious and hearty dish.

What we send

- 4 oz farro ¹
- 2 yellow squash
- 1 lemon
- ¼ oz fresh thyme
- 1 oz pecans ¹⁵
- ½ oz honey
- 1 head red leaf lettuce
- 2 oz feta ⁷
- 10 oz pkg chicken breast strips

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- rimmed baking sheet, grill, or grill pan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 940kcal, Fat 59g, Carbs 61g, Protein 49g



1. Cook farro

Bring a medium saucepan of salted water to a boil. Add **farro** and cook until tender, 8-10 minutes. Drain well.



4. Make dressing

To **small bowl with lemon juice**, whisk in **thyme, honey,** and **3 tablespoons olive oil**. Season to taste with **salt** and **pepper**.



2. Prep ingredients

Meanwhile, slice **squashes** crosswise into ½-inch thick disks. Squeeze **1 tablespoon lemon juice** into a small bowl. Finely chop **1 teaspoon thyme leaves**. Coarsely chop **pecans**.

Optional: heat **2 teaspoons oil** in a medium skillet over medium. Add **pecans** and cook, stirring, until toasted and fragrant, 3-5 minutes.



5. CHICKEN VARIATION

Pat **chicken** dry. Season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook, stirring occasionally, until browned and cooked through, 3-5 minutes.



3. Cook squash

Preheat broiler with rack in the upper third. Directly on a rimmed baking sheet, toss **squash** with **2 tablespoons oil** and season with **salt** and **pepper**. Place in an even layer and broil until tender and charred, 10-15 minutes flipping halfway.

(Alternately, heat a grill or grill pan to high and grill squash until tender, 5-7 minutes per side.)



6. Assemble & serve

Place **red leaf lettuce** onto a serving platter. Top with **chicken, farro,** and **squash**. Drizzle with the **honey and thyme vinaigrette**. Garnish with **pecans** and **feta**. Enjoy!