



Tamari-Glazed Chicken

with Farro & Bell Pepper Stir-Fry



20-30min



2 Servings

Farro is one of the oldest cultivated wheat grains, grown in the Fertile Crescent thousands of years ago. And, like all good things, farro has stood the test of time due to its nutty flavor, delightfully chewy texture, and nutrient density. Nowadays, farro is primarily grown in Italy and is used in soups, salads, and as a side—similar to rice, barley, or quinoa.

What we send

- 1 bell pepper
- 2 scallions
- 2 oz tamari soy sauce ¹
- 4 oz farro ²
- 3 oz baby spinach
- 12 oz pkg boneless, skinless chicken breasts

What you need

- kosher salt & ground pepper
- balsamic vinegar (or apple cider vinegar)
- sugar
- neutral oil

Tools

- medium saucepan
- fine-mesh sieve
- medium heavy skillet

Allergens

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

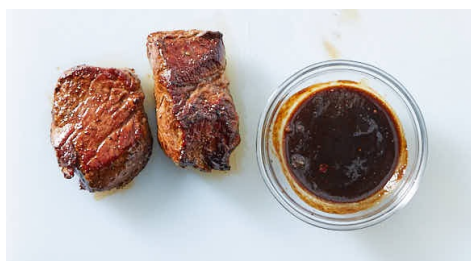
Nutrition per serving

Calories 590kcal, Fat 19g, Carbs 56g, Protein 52g



1. Prep ingredients

Bring a medium saucepan of **salted water** to a boil. Quarter **pepper**, discard stem seeds, then cut crosswise into ½-inch thick slices. Trim **scallions**, then thinly slice. In a small bowl, stir to combine **tamari**, **3 tablespoons vinegar**, and **2 teaspoons sugar** until sugar is dissolved. Set aside until step 4.



4. Glaze chicken

Add **tamari-vinegar** mixture to skillet with **chicken** and cook, flipping until glazed and sauce is reduced to ¼ cup, about 2 minutes. Transfer chicken to a cutting board to let rest, 5 minutes. Transfer **glaze** to a small bowl. Rinse skillet and wipe dry.



2. Cook farro

Add **farro** to saucepan with boiling **salted water** and cook until tender, 18-20 minutes. Drain well in a fine-mesh sieve and return farro to saucepan.



5. Stir-fry peppers & farro

While **chicken** rests, heat **2 teaspoons oil** in same skillet over high. Add **peppers** and cook until crisp-tender, 2-3 minutes. Add **farro**, **half of the scallions**, and **1 tablespoon oil**. Cook, stirring, until warmed through, about 2 minutes. Stir in **half of the glaze** until farro and peppers are coated.



3. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side.



6. Finish & serve

Add **spinach** to skillet with **farro** and stir until wilted, about 1 minute. Season to taste with **salt** and **pepper**.

Serve **farro stir-fry** topped with **chicken** and **any juices**. Drizzle **remaining glaze** over top and garnish with **remaining sliced scallions**. Enjoy!