



Harissa-Honey Roasted Eggplant with Chicken

Corn, Farro & Ricotta



20-30min



2 Servings

Farro is one of the oldest cultivated wheat grains, originating 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—in similar applications as rice, barley or quinoa.

What we send

- 4 oz farro ¹
- 1 eggplant
- ½ oz honey
- ¼ oz harissa spice blend
- 1 ear of corn
- 1 Fresno chile
- ¼ oz fresh mint
- 4 oz ricotta ²
- 10 oz pkg chicken breast strips

What you need

- kosher salt & pepper
- olive oil
- red wine vinegar (or apple cider vinegar)

Tools

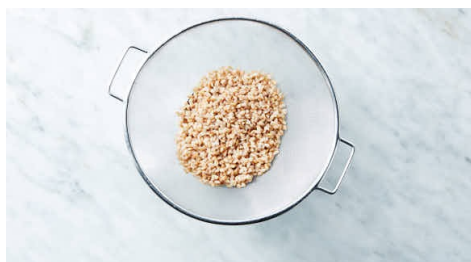
- small saucepan
- rimmed baking sheet
- medium skillet

Allergens

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

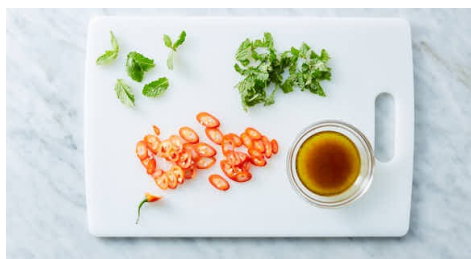
Nutrition per serving

Calories 950kcal, Fat 51g, Carbs 77g, Protein 51g



1. Cook farro

Preheat broiler with a rack in the top position. Bring a small saucepan of **salted water** to a boil. Add **farro** and cook (like pasta) until tender, 18–20 minutes. Drain farro well.



4. Make dressing & ricotta

Meanwhile, thinly slice **Fresno chile**. Pick **mint leaves** from stems, discarding stems; coarsely chop leaves.

In a medium bowl, whisk **¼ cup oil** with **2 tablespoons vinegar**. Season to taste with **salt** and **pepper**.

In a separate small bowl, stir together **ricotta** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



2. Broil eggplant

Trim stem end from **eggplant**, then halve lengthwise. Cut one half crosswise into ½-inch thick half-moons (save rest).

On a rimmed baking sheet, toss eggplant with **2 tablespoons oil** and **½ teaspoon salt**. Broil on top oven rack until lightly browned and tender, flipping once, about 5 minutes (watch closely as broilers vary).



3. Glaze eggplant

Use a knife to cut **corn kernels** from cob.

In a small bowl, stir to combine **honey**, **1 tablespoon water**, and **1½ teaspoons harissa**. Brush **broiled eggplant** with harissa-honey glaze. Sprinkle **corn** around eggplant on the baking sheet. Broil on top oven rack until eggplant is caramelized and corn is lightly charred, 3–5 minutes.



5. Cook chicken

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



6. Finish & serve

Add **cooked farro** to medium bowl with **dressing**; stir to coat. Season with **salt** and **pepper**. Toss **eggplant and corn** on the baking sheet with **most of the mint**. Spoon farro into bowls, then top with **chicken, eggplant, and corn**. Serve topped with **a dollop of seasoned ricotta, some of the sliced chiles** (depending on heat preference), and **remaining mint**. Enjoy!