

# MARLEY SPOON



## Chicken & Farro Grain Bowl

with Mozzarella & Arugula



30min



2 Servings

Chewy farro. Marinated mozzarella and cannellini beans. Crisp radish. Quick-cooking chicken strips. This is no ordinary grain bowl! Top it all with crunchy walnuts and a honey-Dijon dressing to pull it all together. Don't mind if we do.

## What we send

- 4 oz farro <sup>1</sup>
- 1 oz walnuts <sup>2</sup>
- 15 oz can cannellini beans
- 3¾ oz mozzarella <sup>3</sup>
- 1 lemon
- ¼ oz Tuscan spice blend
- 1 bag radishes
- 10 oz pkg chicken breast strips
- ½ oz honey
- 1 pkt Dijon mustard
- 5 oz arugula

## What you need

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

## Tools

- medium saucepan
- medium nonstick skillet
- microplane or grater

## Allergens

Wheat (1), Tree Nuts (2), Milk (3). 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. Cook farro, toast walnuts

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat until ready to serve.

Heat **1 teaspoon oil** in a medium nonstick skillet over medium-high. Add **walnuts** and a **pinch of salt**; cook, stirring, until lightly toasted, 2-3 minutes. Transfer to a plate. Set aside and wipe out skillet.



### 2. Marinate beans & cheese

Meanwhile, rinse and drain **beans**. Cut **mozzarella** into bite-sized cubes. Finely grate **zest from half the lemon** into a medium bowl. Add **beans, cheese, 1 tablespoon each of oil and vinegar**; toss to combine. Season to taste with **Tuscan spice** and **salt**. Set aside to marinate.



### 3. 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 reserved 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.



### 4. Prep dressing

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



### 5. Serve

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



### 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.