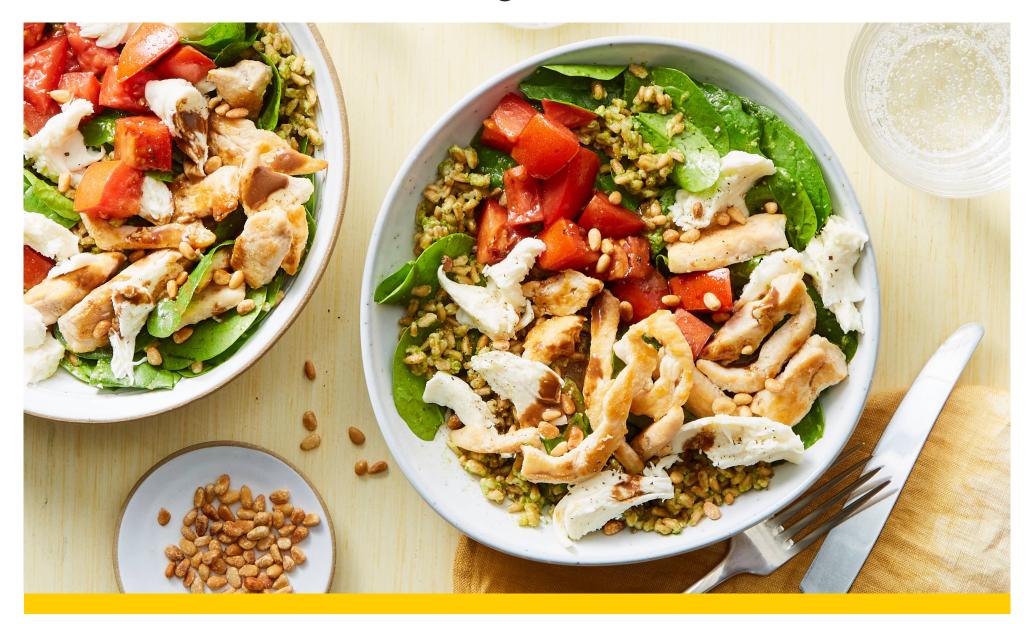
# MARLEY SPOON



## **Caprese Chicken & Farro Bowl**

with Pesto & Pine Nuts





Caprese salad is so delicious that we created a meal inspired by it! Tomatoes, mozzarella, and basil comprise the classic Caprese. Our twist? We add juicy pan-roasted chicken breasts, a farro salad with fresh spinach, and ready-made pesto for a sweet basil flavor in every bite. A warm balsamic vinaigrette brings it all together. You can almost feel the warm Mediterranean sun beaming down on you!

#### What we send

- 4 oz farro <sup>1</sup>
- 5 oz baby spinach
- 2 oz basil pesto <sup>2</sup>
- ½ oz pine nuts 3
- 2 plum tomatoes
- 10 oz pkg chicken breast strips
- 3¾ oz mozzarella ²
- 1 pkt Dijon mustard

## What you need

- kosher salt & ground pepper
- · olive oil
- · balsamic vinegar
- sugar

### **Tools**

- medium saucepan
- medium skillet

#### **Cooking tip**

No balsamic vinegar? Substitute red wine vinegar mixed with a pinch of sugar.

#### **Allergens**

Wheat (1), Milk (2), Tree Nuts (3). May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

#### Nutrition per serving

Calories 810kcal, Fat 44g, Carbs 48g, Protein 58g



## 1. Cook farro

Bring a medium saucepan of **salted** water to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well and return to saucepan over medium heat.

Working in batches if necessary, add **spinach** and stir until wilted, about 1 minute. Add **pesto** and stir until evenly coated. Off heat, season to taste with **salt** and **pepper**.



## 2. Toast pine nuts

Meanwhile, transfer **pine nuts** to a medium skillet. Cook over medium-high heat, stirring, until toasted and browned, 2–3 minutes (watch closely). Transfer to a small bowl. Reserve skillet.



#### 3. Marinate tomatoes

Cut **tomatoes** into 1-inch pieces.

In a small bowl, combine 1 tablespoon each of oil and vinegar and ¼ teaspoon each of sugar and salt. Add tomatoes and stir to combine; let marinate until ready to serve.



#### 4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in reserved 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. Transfer to a plate.



5. Make warm vinaigrette

Remove skillet from heat. Add **mustard** and **1 tablespoon each of oil, vinegar, and water**. Whisk until fully combined. Stir in **2 tablespoons water** to thin. Season to taste with **salt** and **pepper**.



6. Assemble & serve

Tear mozzarella into large pieces.

Serve farro topped with chicken, tomatoes, and mozzarella. Garnish with warm balsamic vinaigrette and toasted pine nuts. Enjoy!