



Berbere-Spiced Chicken

with Farro, Butternut Squash & Tahini Sauce



30-40min



2 Servings

Berbere is a traditional Ethiopian seasoning blend made from chiles, garlic, and spices, like fenugreek, allspice, and cinnamon—it's also the shining star of this comforting chicken dish, brimming with cozy, cool weather flavors. The chicken breasts are served with sweet roasted red onions and peak season butternut squash, all drizzled with a luscious tahini sauce.

What we send

- 4 oz farro ²
- ¼ oz berbere spice blend
- 12 oz pkg boneless, skinless chicken breasts
- ½ lb butternut squash
- 1 red onion
- garlic
- 1 oz tahini ¹
- ¼ oz fresh cilantro

What you need

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

Tools

- medium saucepan
- rimmed baking sheet

Cooking tip

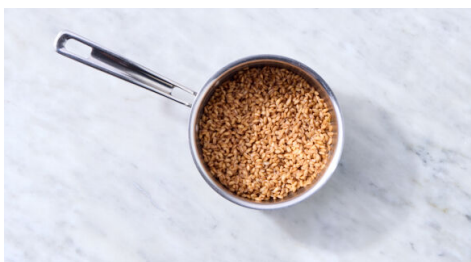
It's peak season for squash, which means they're at their most delicious!

Allergens

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

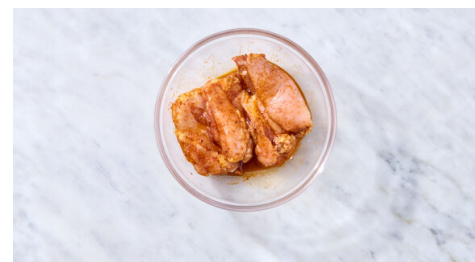
Nutrition per serving

Calories 700kcal, Fat 29g, Carbs 62g, Protein 53g



1. Cook farro

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes; drain well. Return to pan and stir in **a drizzle of olive oil**. Cover to keep warm off heat until ready to serve.



2. Season chicken

Preheat oven to 450°F with rack in the upper third. In a large bowl, whisk to combine **1½ tablespoons oil** and **1-1½ teaspoons berbere spice** (or more or less, depending on heat preference). Season with **salt** and **pepper**.

Pat **chicken** dry. Transfer to bowl, tossing to coat in **berbere oil**.



3. Prep veggies

Cut **butternut squash** into 1-inch pieces. Halve and cut **onion** into 1-inch thick wedges. Transfer onions and butternut squash to baking sheet, drizzle with **oil**, and toss to coat. Season with **a pinch each of salt and pepper**.

Add **chicken** to baking sheet and roast on upper oven rack until chicken is cooked through and vegetables are tender, 18-20 minutes.



4. Broil chicken & veggies

Remove baking sheet from oven. Switch oven to broil. Return baking sheet to upper oven rack, and broil **chicken and vegetables** until chicken is browned and vegetables are very tender and browned, 3-5 minutes (watch closely, as broilers vary).



5. Make tahini sauce

While **chicken** and **vegetables** roast, finely chop **1 teaspoon garlic**. Transfer to a medium bowl, then whisk in **tahini, 2 tablespoons water, 1 tablespoon oil, and 1 teaspoon vinegar**. Season with **salt** and **pepper**. Whisk in a little extra water, if needed, until thin enough to drizzle.



6. Finish & serve

Coarsely chop **cilantro leaves and stems** together.

Serve **chicken, onions, and squash** over **farro**. Drizzle with **tahini sauce** and **chopped cilantro**. Serve **remaining tahini sauce** on the side. Enjoy!