



Summery Citrus Chicken & Farro Salad

with Roasted Red Peppers, Fennel & Mint



30-40min



2 Servings

Fresh fennel, crisp cucumbers, roasted red peppers, scallions, and hearty farro come together in a lemony-mint dressing, for a dish that brings all of the summertime vibes to the plate. Making the salad the day before allows for the farro to really absorb the dressing, and saves some work at dinnertime!

What we send

- 4 oz quick-cooking farro ¹
- 1 lemon
- 1 oz scallions
- ¼ oz fresh mint
- 2 (¾ oz) pieces Parmesan ⁷
- ½ oz pkt honey
- 12 oz pkg boneless, skinless chicken breasts
- 7 oz fennel
- 2 oz roasted red peppers
- 1 cucumber

What you need

- kosher salt & ground pepper
- olive oil

Tools

- small saucepan
- box grater
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 38g, Carbs 53g, Proteins 55g



1. Cook farro

Bring a small saucepan of **salted water** to a boil. Add **farro** to boiling water and cook, stirring occasionally, until tender, 12-15 minutes. Drain well and reserve for step 6.



2. Prep ingredients

While **farro** cooks, finely grate **1 teaspoon lemon zest** and squeeze **3 tablespoons juice** into a medium bowl. Trim ends from **scallions**, then thinly slice, keeping dark greens separate. Pick and finely chop **mint leaves**, discarding stems. Coarsely grate **Parmesan** on the large holes of a box grater.



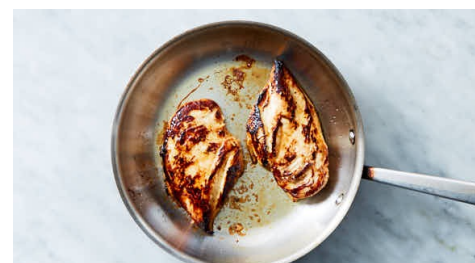
3. Marinate chicken

Add **honey, ¼ cup oil, scallion whites and light greens, ½ teaspoon salt, and a few grinds of pepper** to bowl with **lemon zest and juice**, whisking to combine. Transfer **⅓ cup of the dressing** to a large bowl and set aside for step 4. Pat **chicken** dry, then pound to ½-inch thickness, if necessary. Add chicken to medium bowl with dressing, turning to coat; set aside until step 5.



4. Prep salad

Trim end from **fennel**; cut into quarters lengthwise and thinly slice crosswise. Coarsely chop **roasted peppers**. Halve **cucumber** lengthwise (peel if desired) and scoop out seeds, then thinly slice into half-moons. To bowl with **reserved dressing**, add **mint** and **1 tablespoon oil**. Reserve **1 tablespoon dressing** for step 6. Add fennel, peppers, and cucumbers; toss to combine.



5. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, 3-4 minutes per side.



6. Finish salad & serve

To bowl with **dressed vegetables**, add **cooked farro, Parmesan, half of the scallion dark greens**, and **1 tablespoon oil**; toss to combine. Season to taste with **salt and pepper**. Spoon **farro and fennel salad** onto plates, then top with **chicken, remaining scallions**. Drizzle **reserved dressing** over top. Enjoy!