



Low-Cal Chicken & Farro Grain Bowl:

Martha Stewart & Marley Spoon Does Lunch



under 20min



2 Servings

The quality of the day hinges on the quality of lunch. There are no hours, only Before Lunch and After Lunch. So, whether you're at home, or at work (or if that's the same place) - treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This nutritious salad is everything lunch should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going until dinnertime!

What we send

- 12 oz boneless, skinless chicken breasts
- 1 lemon
- 1 oz tahini ¹¹
- 1 oz dried apricots ¹²
- 10 oz ready to heat farro ¹
- ¼ oz fresh mint
- 3 oz baby spinach
- 1 oz salted sunflower seeds ⁶

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium skillet
- microplane or grater
- microwave

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), Soy (6), Sesame (11), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 24g, Carbs 70g, Proteins 58g



1. Prep chicken

Pat **chicken** dry, then transfer to a medium skillet. Add enough water to almost cover chicken. Season with **1 teaspoon salt** and **a few grinds of pepper**. Bring water to a boil over medium-high.



2. Poach chicken

Cover skillet with **chicken**. Reduce heat to medium-low and simmer, flipping halfway, through until chicken is cooked through, 5-8 minutes. Transfer to a cutting board to cool slightly. Reserve **poaching liquid** for step 4, if using stove top method for heating farro. (Any foam that collects on surface during cooking can be ignored.)



3. Make tahini sauce

While **chicken** poaches, grate **all of the lemon zest** and squeeze **1 tablespoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Whisk in **tahini** and **2 teaspoons oil**, then whisk in **1½ tablespoons water** until smooth. Add more water, 1 teaspoon at a time, to thin as desired. Season to taste with **salt** and **pepper**.



4. Heat farro

Coarsely chop **apricots**. Place **farro** and **apricots** in a medium microwave-safe bowl. Cover and microwave until heated through, 60-90 seconds.

(Alternatively, combine **2 tablespoons of the reserved poaching liquid** and **farro** in same skillet, Cook, stirring, until just warmed through, 1-2 minutes. Discard remaining poaching liquid.)



5. Eat now!

Thinly slice **chicken**. Pick **mint leaves** from stems; discard stems. Transfer **spinach** to serving bowls. Drizzle with **a little oil** and season with **salt** and **pepper**. Serve **farro, spinach, mint leaves**, and **chicken** drizzled with **tahini sauce**. Sprinkle with **sunflower seeds** and serve **any remaining lemon wedges** on the side for squeezing over, if desired. Enjoy!



6. Eat later!

Steps 1 and 4 can be made the day before. Store the chicken and farro, separately, in air tight containers in the refrigerator until ready to use. Before serving, make the tahini sauce as instructed in step 3, then assemble salad as instructed in step 5.