



Carb Smart Spanish Braised Chicken with Olives and Farro

Carb Smart

30 Minutes



Chicken Breasts



Sweet Bell Pepper



Roma Tomato



Mixed Olives



Paprika-Garlic Blend



Farro



Chicken Broth Concentrate



Parsley



Shallot

HELLO MIXED OLIVES

This mix of kalamata and green olives is a fantastic flavour bomb!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, measuring cups, large non-stick pan, paper towels, strainer

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sweet Bell Pepper	160 g	320 g
Roma Tomato	160 g	320 g
Mixed Olives	30 g	30 g
Paprika-Garlic Blend	1 tbsp	2 tbsp
Farro	½ cup	1 cup
Chicken Broth Concentrate	1	2
Parsley	7 g	7 g
Shallot	50 g	100 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart is based on a per serving calculation of the recipe's carbohydrate amount.

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Cook farro

Add **farro**, **⅛ tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min. When **farro** is done, drain and set aside.



Prep

While **farro** cooks, drain **olives**, reserving **brine**. Roughly chop **olives**. Peel, then cut **shallot** into ¼-inch pieces. Chop **tomatoes** into ½-inch pieces. Roughly chop **parsley**. Core, then cut **pepper** into ½-inch pieces.



Sear chicken

Heat a large non-stick pan over medium heat. While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**, then sprinkle with **half the Paprika-Garlic Blend**. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Transfer to a plate.



Cook veggies

Heat the same pan over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **shallots**, **peppers** and **tomatoes**. Cook, stirring often, until slightly softened, 3-4 min. Sprinkle **remaining Paprika-Garlic Blend** over top. Cook, stirring often, until fragrant, 30 sec. Add **broth concentrate**, **reserved olive brine** and **1 cup water** (dbl for 4 ppl). Season with **salt** and **pepper**, then stir to combine. Bring to a boil over high heat.



Finish chicken

Once boiling, add **chicken** to the pan with **veggies**. Reduce heat to medium. Cook, stirring occasionally, flipping **chicken** halfway, until **chicken** is cooked through, 10-12 min.** When **chicken** is cooked, transfer to a plate and cover to keep warm. Add **olives** and **1 tbsp butter** (dbl for 4 ppl) to the pan. Season with **salt** and **pepper**, to taste, until **butter** melts. (**TIP:** For a slightly sweeter sauce, add ¼ tsp sugar, if desired.)



Finish and serve

Thinly slice **chicken**. Add **1 tbsp butter** (dbl for 4 ppl) and **half the parsley** to the pot with **farro**. Season with **salt** and **pepper**, to taste, then stir until **butter** melts. Divide **farro** between plates. Spoon **veggies** over **farro**, then place **chicken** over top. Spoon any **remaining sauce** over **chicken**. Sprinkle with **remaining parsley**.

Dinner Solved!