



MAY  
2016

## Herby Chicken with Farro Caprese Salad

We've created a new fusion cuisine! French + Italian = Fritalian! Jokes aside, we were shocked by how much we loved the combination of herbes de provence and Caprese salad. We think you'll love it too!

 *Prep*  
30 min



Chicken Breast



Farro



Plum Tomato



Shallot



Herbs de  
Provence



Basil



Balsamic  
Vinegar



Honey



Fresh Bocconcini



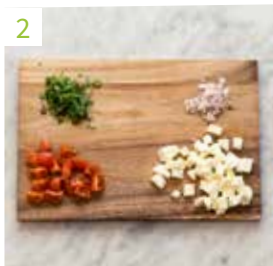
Dijon Mustard

## Ingredients

	2 People	4 People	*Not Included
Chicken Breasts	1 pkg (340 g)	2 pkg (680 g)	
Farro	1) 1 pkg (170 g)	2 pkg (340 g)	<b>Allergens</b>
Plum Tomato	2	4	1) Wheat/Blé
Shallot	1	1	2) Milk/Lait
Herbes de Provence	1 pkg (1 tbsp)	2 pkg (2 tbsp)	3) Sulphites/Sulfites
Basil	1 pkg (10 g)	2 pkg (10 g)	4) Mustard/Moutarde
Balsamic Vinegar	3) 1 bottle (2 tbsp)	2 bottles (4 tbsp)	<b>Tools</b>
Honey	1 pkg (1 tbsp)	2 pkg (2 tbsp)	Medium Pot, Measuring Spoons,
Fresh Bocconcini	2) 1 pkg (100 g)	2 pkg (200 g)	Large Pan, Medium Bowl,
Dijon Mustard	3) 4) 1 pkg (1½ tsp)	2 pkg (3 tsp)	Strainer, Whisk
Olive or Canola Oil*			

**Nutrition per person** Calories: 650 cal | Fat: 18g | Protein: 49g | Carbs: 73g | Fibre: 7g | Sodium: 351 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



**1 Cook the farro:** Wash and dry all produce. Pick the **basil leaves** from the **stems**. In a medium pot, combine the **farro** and basil stems with enough **salted water** to cover. Bring to a boil, then reduce the heat to medium. Cover and cook until tender, 18-20 min. (Drain when the farro is tender.)

**2 Prep:** Meanwhile, cut the **tomatoes** into ½-inch cubes. Finely chop **2 tbsp shallot** (double for 4 people). Cut the **bocconcini** into ½-inch cubes.

**3 Cook the chicken:** Season the **chicken** with **herbes de Provence, salt** and **pepper**. Heat a large pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until bottom of the chicken is golden-brown, 3 min. Reduce the heat to medium-low.

**4 Finish the chicken:** Flip the chicken over. Cover and cook until the chicken is golden and cooked through, 6-7 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

**5 Make the salad:** Meanwhile, in a medium bowl, whisk together the **shallot, vinegar, honey, mustard** and a drizzle of **oil**. Season with **salt** and **pepper**. Stir in the **farro, tomatoes** and **bocconcini**.

**6 Finish and serve:** Thinly slice the **chicken**. Divide the **farro salad** between plates and top with the chicken. Tear over the **basil leaves**. Drizzle over any remaining dressing and enjoy!

**BBQ TIP:** Instead of pan-frying, grill chicken on medium heat, 6 to 8 min per side, until cooked to temperature an internal temperature of 175°F.

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Ruler

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