



# HERBY CHICKEN

with Farro Caprese Salad

PRONTO



HELLO

## HERBES DE PROVENCE

An aromatic blend of marjoram, savoury, rosemary, thyme and oregano

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 650



Chicken Breasts



Farro



Roma Tomato



Shallot



Herbes de Provence



Basil



Balsamic Vinegar



Honey



Bocconcini Cheese



Dijon Mustard



## BUST OUT

- Medium Pot
- Strainer
- Measuring Spoons
- Whisk
- Large Pan
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Chicken Breasts 1 pkg (340 g) | 2 pkg (680 g)
- Farro 1 1 pkg (3/4 cup) | 2 pkg (1 1/2 cup)
- Roma Tomato 260 g | 520 g
- Shallot 1 | 2
- Herbes de Provence 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Basil 1 pkg (10 g) | 1 pkg (10 g)
- Balsamic Vinegar 9 1 bottle (2 tbsp) | 2 bottle (4 tbsp)
- Honey 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Bocconcini Cheese 2 1 pkg (100 g) | 2 pkg (200 g)
- Dijon Mustard 6,9 1 pkg (1 1/2 tsp) | 2 pkg (3 tsp)

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\* Laver et sécher tous les aliments.

\*\* Cuire jusqu'à une température interne minimale de 165°F.



## START STRONG

If you've got some extra time on your hands, chop all of the shallot(s) and pan-fry the extra bits with a drizzle of oil in a frying pan over medium heat until golden-brown. The fried shallots will add a nice, sweet flavour to your dish!



## 1 COOK FARRO

**Wash and dry all produce.\*** Pick off the **basil leaves** from the stems. In a medium pot, add the **farro** and **basil stems**. Cover with 2 inches of **water** and bring to a boil over medium-high heat. Cook, uncovered, until tender, 14-16 min. (Drain the farro when cooked and discard the basil stems.)



## 4 FINISH CHICKEN

Cover and cook until the **chicken** is golden and cooked through, 6-7 min. (**TIP:** Cook to a minimum internal temperature of 165°F.\*\*)



## 2 PREP

Meanwhile, cut the **tomatoes** into 1/2-inch cubes. Cut the **bocconcini** into 1/2-inch cubes. Finely chop **2 tbsp shallot** (double for 4 ppl).



## 5 MAKE 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 **drained farro**, **tomatoes** and **bocconcini**.



## 3 COOK CHICKEN

Sprinkle the **chicken** on both sides with **Herbes de Provence**. Season with **salt** and **pepper**. Heat a large pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until the bottom of the chicken is golden-brown, 3 min. Flip the chicken over and reduce the heat to medium-low.



## 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** from the bowl.

## HEARTY!

Delicious, nutty farro makes eating your grains easy!

