

# Mustard Chicken and Farro

with Leeks

Discovery

30 Minutes



Chicken Thighs



Farro



Whole Grain Mustard



Honey



Leek, sliced



Chicken Broth Concentrate



Mushrooms



Garlic Puree



Chives



Baby Spinach



Garlic Salt

HELLO FARRO

*An ancient grain that's full of nutty flavour!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, colander, measuring spoons, silicone brush, medium pot, large bowl, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Farro	½ cup	1 cup
Whole Grain Mustard	2 tbsp	4 tbsp
Honey	1 tbsp	2 tbsp
Leek, sliced	113 g	226 g
Chicken Broth Concentrate	1	2
Mushrooms	113 g	227 g
Garlic Puree	1 tbsp	2 tbsp
Chives	7 g	7 g
Baby Spinach	113 g	227 g
Garlic Salt	1 tsp	2 tsp
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 our meal kit labels for the most current allergen information.

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

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## Prep

Quarter **mushrooms**. Thinly slice **chives**. Whisk together **honey**, **half the mustard** and **½ tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



## Cook mushrooms and leeks

While **chicken** roasts, heat the same pan over medium. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **mushrooms**. Cook, stirring often, until browned, 2-3 min. Add **leeks** and **garlic puree**. Cook, stirring often, until **mushrooms** and **leeks** are tender, 4-5 min. Season with **salt** and **pepper**.



## Cook farro

Add **farro**, **broth concentrate** and **3 cups water** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered, until **farro** is tender, 14-16 min.



## Finish farro

Drain, then transfer **farro** to the pan with **mushrooms and leeks**. Add **spinach**. Season with **salt** and **pepper**, then toss to combine.



## Cook chicken

While **farro** cooks, pat **chicken** dry with paper towels, then season with **garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. Remove pan from heat. Transfer **chicken** to a parchment-lined baking sheet. Brush **chicken** with **remaining mustard**. Roast in the **middle** of the oven until **chicken** is cooked through, 10-12 min.\*\*



## Finish and serve

Thinly slice **chicken**. Divide **farro mixture** between plates. Top with **chicken**. Spoon **honey-mustard dressing** over top. Sprinkle with **chives**.

## Dinner Solved!