



OCT
2016

Herby Pan-Seared Chicken

with Farro, Tomatoes, and Fresh Mozzarella

What do you get when you combine herbes de Provence with mozzarella and tomato? A French and Italian fusion... Fritalian! In all seriousness, we were shocked by how much we loved this flavor combination and have a feeling you will, too.



Prep: 10 min
Total: 30 min



level 1



nut
free



Chicken
Breasts



Farro



Roma
Tomato



Mozzarella
Cheese



Herbes de
Provence



Balsamic
Vinegar



Honey



Shallot

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Farro	1) ½ Cup	1 Cup
Roma Tomato	1	2
Mozzarella Cheese	2) 4 oz	8 oz
Herbes de Provence	1 T	2 T
Balsamic Vinegar	1 T	2 T
Honey	1 T	2 T
Shallot	1	1
Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Medium pot, Strainer, Small bowl, Whisk, Large pan

Nutrition per person Calories: 600 cal | Fat: 29 g | Sat. Fat: 11 g | Protein: 54 g | Carbs: 33 g | Sugar: 14 g | Sodium: 349 mg | Fiber: 4 g



1 Cook the farro: Place the **farro** in a medium pot with **2 cups water** and a large pinch of **salt**. Bring to a boil, then reduce to a simmer. Cook 20-25 minutes, until tender. Drain and return to the pot.

2 Prep: Wash and dry all produce. Meanwhile, core, seed, and dice the **tomato**. Halve, peel, and mince **¼ cup shallots**. Cut the **mozzarella** into small cubes.

3 Butterfly the chicken: Place your hand on top of **one chicken breast**, and slice into the middle of the meat (parallel to the cutting board). Stop before cutting all the way through. Open the chicken up like a book. Repeat with the other **chicken breast**. Season on all sides with **herbes de Provence, salt, and pepper**.

4 Make the vinaigrette: In a small bowl, whisk together the **shallots, balsamic vinegar, honey**, and a large drizzle of **oil** (to taste). Season with **salt and pepper**.

5 Cook the chicken: Heat a drizzle of **oil** in a large pan over high heat. Add the **chicken**. Cook 3-4 minutes per side, until golden brown and cooked through. Remove from the pan and set aside.

6 Toss the salad: Toss the **tomatoes, fresh mozzarella**, and **half the vinaigrette** into the **farro**. Season with **salt and pepper**. Thinly slice the **herby pan-seared chicken**, and serve on a bed of **farro salad**. Drizzle the remaining **vinaigrette** over the top and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

