



MAY
2016

Herby Pan-Seared 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 Herbs de Provence and Caprese salad. We think you'll love it too!



Prep: 10 min
Total: 30 min



level 1



nut
free



Chicken Breasts



Farro



Tomatoes



Mozzarella
Cheese



Honey



Shallot



Balsamic Vinegar



Basil



Herbs de Provence

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Farro	1) ½ Cup	1 Cup
Tomatoes	2	4
Mozzarella Cheese	2) 3 oz	6 oz
Herbs de Provence	1 T	2 T
Basil	½ oz	1 oz
Balsamic Vinegar	1 T	2 T
Honey	1 T	2 T
Shallot	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Medium pot, Strainer, Small bowl, Large pan

Nutrition per person Calories: 632 cal | Fat: 20 g | Sat. Fat: 8 g | Protein: 46 g | Carbs: 59 g | Sugar: 30 g | Sodium: 314 mg | Fiber: 5 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

2



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

3



2 Prep: While the **farro** cooks, cube the **tomatoes**. Halve, peel, and mince **1/4 cup shallot**. Cut the **mozzarella** into small cubes. Thinly slice the **basil leaves** into ribbons. **TIP:** You can add the basil stalks to the farro while it cooks. Just be sure to discard before serving.

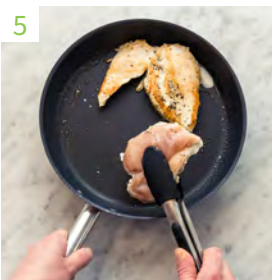
3 Butterfly the chicken: Place your hand on top of the **chicken breast** and slice into the middle of the meat, parallel to the cutting board. Stop before cutting all the way through. Open the chicken up like a book. Repeat with the other chicken breast. Season on all sides with the **herbs de Provence,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

4



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

5



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

6 Toss the salad: Toss the **tomatoes, mozzarella, basil, 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 **caprese farro salad**. Drizzle the remaining vinaigrette over top and enjoy!

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

