



HERBS DE PROVENCE CHICKEN

with a Farro Caprese Salad



HELLO
HERBS DE PROVENCE
 Southern France's signature seasoning marries leafy herbs with floral lavender.

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 750



Farro
 (Contains: Wheat)



Chicken Thighs



Grape Tomatoes



Basil



Zucchini



Herbs de Provence



Fresh Mozzarella
 (Contains: Milk)



Balsamic Vinegar

START STRONG

If the zucchini finishes before the chicken, remove it from the baking sheet or grill and set it aside while the thighs cook through. You don't want the veg to burn!

BUST OUT

- Medium pot
- Strainer
- Paper towel
- Baking sheet
- Small bowl
- Oil (1 TBSP | 2 TBSP)
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|---------------------|-----------------|
| • Farro | ¾ Cup 1½ Cups |
| • Zucchini | 1 2 |
| • Chicken Thighs | 12 oz 24 oz |
| • Herbs de Provence | 1 TBSP 2 TBSP |
| • Grape Tomatoes | 4 oz 8 oz |
| • Fresh Mozzarella | 4 oz 8 oz |
| • Basil | ½ oz 1 oz |
| • Balsamic Vinegar | 2 TBSP 4 TBSP |

HELLO WINE



PAIR WITH
Silver Mile Monterey County
Merlot, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT AND COOK FARRO

Wash and dry all produce. Preheat broiler or grill to high. Bring **farro** and **3½ cups water** to a boil in a medium pot. Cook until tender, 25-30 minutes. Drain any excess water, then return farro to pot.



4 PREP REMAINING INGREDIENTS

While zucchini and chicken cook, halve **tomatoes** lengthwise. Cut **mozzarella** into ½-inch cubes. Pick **basil leaves** from stems; discard stems. Thinly slice leaves.



2 PREP ZUCCHINI AND CHICKEN

Trim ends from **zucchini**, then halve lengthwise. Cut each half into 4 long wedges. Toss with a large drizzle of **oil**. Season with **salt** and **pepper**. Pat **chicken** dry with a paper towel, then season all over with salt, pepper, and **herbs de Provence**.



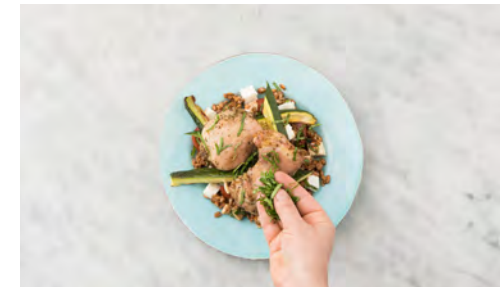
5 TOSS FARRO AND MAKE DRESSING

Add **tomatoes**, **mozzarella**, and half the **basil** to pot with **farro** and toss to combine. Season with **salt** and **pepper**. In a small bowl, whisk together **vinegar** and **1 TBSP olive oil**. Season with salt and pepper.



3 COOK ZUCCHINI AND CHICKEN

Place **zucchini** and **chicken** on a lightly oiled baking sheet. Broil until zucchini is browned and chicken is no longer pink in center, 15-20 minutes, flipping halfway through. **TIP:** If grilling, grill zucchini and chicken over direct heat, turning occasionally, until lightly charred and cooked through, 15-20 minutes.



6 PLATE AND SERVE

Divide **farro mixture** between plates. Top with **zucchini**, then drizzle with **dressing**. Add **chicken** to plate and sprinkle with remaining **basil**.

FAR OUT!

Nutty farro grains put a new spin on caprese salad.

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