



PAN-SEARED CHICKEN WITH HERBS DE PROVENCE

over a Warm Farro, Mozzarella, and Tomato Jumble



HELLO FARRO

An ancient grain that's rich in fiber and full of nutty flavor

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 590



Shallot



Grape Tomatoes



Chicken Breasts



Balsamic Vinegar



Farro
(Contains: Wheat)



Fresh Mozzarella
(Contains: Milk)



Herbs de Provence



Honey

START STRONG

When butterflying the chicken, try to slice as close to the center as you can. You want both sides to be the same thickness so that each cooks evenly in the pan.

BUST OUT

- Medium pot
- Strainer
- Small bowl
- Large pan
- Olive oil (2 tsp | 4 tsp)
- Oil (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|---------------------|-----------------|
| • Shallot | 1 1 |
| • Farro | ½ Cup 1 Cup |
| • Grape Tomatoes | 4 oz 8 oz |
| • Fresh Mozzarella | 4 oz 8 oz |
| • Chicken Breasts | 12 oz 24 oz |
| • Herbs de Provence | 1 TBSP 2 TBSP |
| • Balsamic Vinegar | 1 TBSP 2 TBSP |
| • Honey | 2 tsp 4 tsp |

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1 COOK FARRO Halve, peel, and mince **shallot**. Bring **2½ cups water** and a pinch of **salt** to a boil in a medium pot. Once boiling, add **farro** and **shallot**. Lower heat and reduce to a simmer. Cook until tender, 25-30 minutes. **TIP:** If there is still water in pot after cooking, drain farro and return to pot.



4 MAKE DRESSING In a small bowl, whisk together **1 TBSP balsamic vinegar** (we sent more), **honey**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.



2 PREP Wash and dry all produce. Halve **tomatoes** lengthwise. Cut **mozzarella** into small cubes.



5 COOK CHICKEN Heat a drizzle of **oil** in a large pan over high heat. Add **chicken** in a single layer. Cook until browned and no longer pink in center, 3-4 minutes per side.



3 BUTTERFLY CHICKEN With your hand on top of one **chicken breast**, cut ¾ of the way, parallel to cutting board, stopping before you slice through completely. Open it up like a book. Season all over with **salt**, **pepper**, and **herbs de Provence**. Repeat with remaining chicken breast.



6 FINISH AND PLATE Add **tomatoes**, **mozzarella**, and half the **dressing** to pot with **farro** and toss. Season with **salt** and **pepper**. Slice **chicken** into strips. Divide **farro mixture** between plates, then top with chicken. Drizzle with remaining dressing.

CAPTIVATING!

The classic combo of balsamic, mozzarella, and tomato gets bulked up by farro.