



15 MINUTE MEAL

# Honey Mustard Chicken Grain Bowls

with Pre-Cooked Farro, Arugula & Goat Cheese

2 < OR > 4 SERVINGS

**CUSTOMIZED OPTIONS:**

10 | 20 oz Boneless Chicken Breast Pieces

or

10 | 20 oz Shrimp<sup>1</sup>

or

2 | 4 Skin-On Salmon Fillets

10 | 20 oz Cooked Farro

1/2 | 1 oz Sweet Drop Peppers

2 | 4 oz Arugula

1 | 2 oz Goat Cheese

1 | 2 Tbsp White Balsamic Vinegar

2 | 4 Tbsp Mayonnaise

1 | 2 Tbsp Dijon Mustard

2 | 4 tsp Honey

1/2 | 1 Tbsp Weeknight Hero Spice Blend<sup>2</sup>



## Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

## Getting Started

**COOKING TOOLS**

Medium Nonstick Pan (*Large for 4*)

**FROM YOUR PANTRY**

Olive Oil  
Salt  
Pepper

## Chef's Note

**FEATURED INGREDIENT**

Sweet Drop peppers are small, tear-shaped peppers (also referred to as Incan Red Drops), which have a sugar-like sweetness and subtle sourness that make them perfect for garnishing salads.

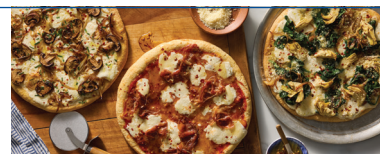
**COOKING TEMPERATURE**

*The USDA recommends a minimum safe cooking temperature of:*

145°F Fish

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<sup>1</sup>. peeled & deveined    <sup>2</sup>. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
Ingredients may be replaced and quantities may vary.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](http://blog.blueapron.com/foodsafety)

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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## 1. Warm the farro & prepare the ingredients

- ☐ Cut a 1-inch vent in the **farro** packaging. Microwave on high 1 to 2 minutes, or until heated through.
- ☐ Transfer to a large bowl. Drizzle with **olive oil** and season with salt and pepper. Set aside to cool.
- ☐ Wash and dry the fresh produce.
- ☐ In a bowl, whisk together the **mayonnaise**, **honey**, and **mustard**; season with salt and pepper.



↩ Look for customized instructions before the next step!

## 2. Cook the chicken

- ☐ Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**; toss to coat.
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- ☐ Turn off the heat.



## 3. Make the salad & serve your dish

- ☐ To the bowl of **cooled farro**, add the **arugula**, **goat cheese** (crumbling before adding), **vinegar**, and a drizzle of **olive oil**. Season with salt and pepper. Toss to combine.
- ☐ Serve the **salad** topped with the **cooked chicken** and **honey mustard**. Garnish with the **peppers**. Enjoy!



## ↩ Customized Steps

### SHRIMP

- ☐ Pat the **shrimp** dry with paper towels; place in a bowl. Season with salt, pepper, and the **spice blend**; toss to coat.
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned shrimp in an even layer. Cook, without stirring, 1 to 2 minutes, or until slightly opaque.
- ☐ Continue to cook, stirring occasionally, 1 to 2 minutes, or until opaque and cooked through.
- ☐ Turn off the heat.

### SALMON

- ☐ Pat the **fish** dry with paper towels; season with salt and pepper on both sides. Season only on the skinless side with the **spice blend**.
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy.
- ☐ Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.
- ☐ Turn off the heat.

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