



Lime & Date Chicken

with Vegetable Farro, Pistachios & Labneh

2 < OR > 4 SERVINGS

CUSTOMIZED OPTIONS:

10 | 20 oz Boneless Chicken Breast Pieces

or

10 | 20 oz Shrimp¹

1/2 | 1 cup Semi-Pearled Farro

6 | 12 oz Carrots

1 | 2 Red Onion

2 | 4 cloves Garlic

1 | 2 Lime

1 | 2 oz Dried Medjool Dates

1/4 | 1/2 cup Labneh Cheese

1 | 2 Tbsp Red Wine Vinegar

2 | 4 tsp Honey

2 | 4 Tbsp Roasted Pistachios

1/2 | 1 Tbsp Spanish Spice Blend²



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*)

Medium Pot (*Large for 4*)

Knife

Cutting Board

FROM YOUR PANTRY

Olive Oil

Salt

Pepper

Chef's Note

FEATURED INGREDIENT

Our Spanish spice blend features a variety of spices beloved throughout Spain, like smoky paprika and cayenne—made from dried hot chili peppers—which lends a mildly spicy flavor along with its gorgeous velvet color.



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1. peeled & deveined 2. Smoked Paprika, Ground Cumin, Ground Coriander, Dried Mexican Oregano, Cayenne Pepper & Ground Cinnamon
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

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



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1. Cook the farro

- ☐ Fill a medium pot (or large for 4 servings) $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- ☐ Once boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and return to the pot.



2. Prepare the ingredients

- ☐ Meanwhile, wash and dry the fresh produce.
- ☐ Pit and roughly chop the **dates**. Place in a medium bowl; cover with $\frac{1}{2}$ cup of hot water. Set aside to rehydrate.
- ☐ Peel the **carrots** and thinly slice on an angle.
- ☐ Halve, peel, and small dice the **onion(s)**.
- ☐ Peel and roughly chop **2 cloves of garlic**.
- ☐ Using a zester or the small side of a box grater, finely grate the **lime** to get **1 teaspoon of zest**. Quarter the **lime(s)**.
- ☐ Roughly chop the **pistachios**.



3. Cook the vegetables & finish the farro

- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the **sliced carrots** and **diced onion(s)**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened.



Step 3 continued:

- ☐ Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until softened.
- ☐ Turn off the heat.
- ☐ Transfer to the pot of **cooked farro**; add the **honey**, **vinegar**, and a drizzle of **olive oil**. Stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.
- ☐ Wipe out the pan.

↩ Look for customized instructions before the next step!

4. Cook the chicken

- ☐ Pat the **chicken** dry with paper towels; place in a bowl. Season with salt, pepper, and **as much of the spice blend as you'd like**. Toss to coat.
- ☐ In the same pan, 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.
- ☐ Carefully add the **rehydrated dates** (including the liquid). Cook, stirring occasionally, 3 to 4 minutes, or until the liquid has thickened and the chicken is cooked through.
- ☐ Turn off the heat. Carefully stir in the **lime zest** and **the juice of 2 lime wedges**. Taste, then season with salt and pepper if desired.



5. Season the labneh & serve your dish

- ☐ Season the **labneh** with salt and pepper.
- ☐ Serve the **finished farro** topped with the **cooked chicken** (including any sauce from the pan), **seasoned labneh**, and **chopped pistachios**. Serve the **remaining lime wedges** on the side. Enjoy!



↩ Customized Steps

SHRIMP

- ☐ Pat the **shrimp** dry with paper towels; place in a bowl. Season with salt, pepper, and **as much of the spice blend as you'd like**. Toss to coat.
- ☐ In the same pan, 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.
- ☐ Carefully add the **rehydrated dates** (including the liquid). Cook, stirring occasionally, 1 to 2 minutes, or until the liquid has thickened and the shrimp are opaque and cooked through.
- ☐ Turn off the heat. Carefully stir in the **lime zest** and **the juice of 2 lime wedges**. Taste, then season with salt and pepper if desired.



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