



Carb Smart Brothy Spanish-Style Braised Chicken with Olives and Farro

Carb Smart

30 Minutes



Chicken Breasts



Sweet Bell Pepper



Mixed Olives



Paprika-Garlic Blend



Farro



Chicken Broth Concentrate



Parsley



Shallot



Roma Tomato



Tomato Sauce Base

HELLO MIXED OLIVES

This mix of kalamata and green olives is a fantastic flavour bomb!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Chicken Breasts ♦ | 2 | 4 |
| Sweet Bell Pepper | 160 g | 320 g |
| Mixed Olives | 30 g | 30 g |
| Paprika-Garlic Blend | 1 tbsp | 2 tbsp |
| Farro | ½ cup | 1 cup |
| Chicken Broth Concentrate | 1 | 2 |
| Parsley | 7 g | 7 g |
| Shallot | 50 g | 100 g |
| Roma Tomato | 80 g | 160 g |
| Tomato Sauce Base | 2 tbsp | 4 tbsp |
| Unsalted Butter* | 2 tbsp | 4 tbsp |
| Oil* | | |
| Salt and Pepper* | | |

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook farro

Add **farro**, **1 tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min. When **farro** is done, drain well and return to the same pot off heat.



Cook veggies

Heat the same pan over medium-high. Add **½ tsp oil** (dbl for 4 ppl), then **shallots**, **peppers** and **tomatoes**. Cook, stirring often, until **veggies** soften slightly, 3-4 min. Season with **salt** and **pepper**. Sprinkle **remaining Paprika-Garlic Blend** over top. Add **tomato sauce base**. Cook, stirring often, until fragrant, 1 min. Stir in **broth concentrate**, **olives** and **1 cup water** (dbl for 4 ppl). Bring to a simmer.



Prep

Meanwhile, drain **olives**, then roughly chop. Peel, then cut **shallot** into ¼-inch pieces. Core, then cut **pepper** into ½-inch pieces. Roughly chop **parsley**. Cut **tomato** into ½-inch pieces.



Finish chicken

Once simmering, push **veggies** to the sides of the pan, then add **chicken** to the middle. Reduce heat to medium. Cover and cook, stirring occasionally, until **chicken** is cooked through, 6-8 min.** Remove the pan from heat. Transfer **chicken** to a clean cutting board. Add **1 tbsp butter** (dbl for 4 ppl) to the pan with **veggies**. Season with **salt** and **pepper**, to taste, then stir until **butter** melts. (**TIP:** To reduce the acidity, add ⅛ tsp sugar [dbl for 4 ppl], if desired!)



Sear chicken

Heat a large non-stick pan over medium heat. Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**, then sprinkle with **half the Paprika-Garlic Blend**. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer **chicken** to a plate. (**NOTE:** Chicken will finish cooking in step 5.)



Finish and serve

Thinly slice **chicken**. Add **1 tbsp butter** (dbl for 4 ppl) and **half the parsley** to the pot with **farro**. Season with **pepper**, to taste, then stir until **butter** melts. Divide **farro** between bowls, then top with **chicken**. Spoon **veggies and broth** around **farro** and **chicken**. Sprinkle with **remaining parsley**.

Dinner Solved!