



# Carb Smart Olive-Stuffed Chicken with Farro Spinach Salad

Carb Smart

30 Minutes



Chicken Breasts



Sun-Dried Tomato Pesto



Mixed Olives



Baby Spinach



Farro



Basil



White Wine Vinegar



Baby Tomatoes

HELLO FARRO

*An ancient grain that's full of nutty flavour!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels, strainer

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Sun-Dried Tomato Pesto	¼ cup	½ cup
Mixed Olives	30 g	60 g
Baby Spinach	113 g	227 g
Farro	½ cup	1 cup
Basil	7 g	7 g
White Wine Vinegar	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
Sugar*	¼ tsp	½ tsp
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 our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Cook farro

Add **farro**, **¼ tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Cover, then 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 and set aside.



## Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear, until golden-brown, 2-3 min per side. Transfer **chicken** to a baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 12-14 min.\*\*



## Prep

While **farro** cooks, thinly slice **basil**. Halve **tomatoes**. Drain, then roughly chop **olives**. Stir together **olives** and **half the sun-dried tomato pesto** in a small bowl.



## Make dressing

While **chicken** bakes, whisk together **vinegar**, **remaining pesto**, **2 tbsp oil** and **¼ tsp sugar** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



## Prep chicken

Pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to cutting board, leaving 1-inch intact on the other end. Open up **chicken breast** like a book. Season both sides with **salt** and **pepper**. Divide **olive pesto mixture** filling between **each chicken breast**, then fold closed.



## Finish and serve

Add **spinach**, **tomatoes**, **basil** and **farro** to the large bowl with **dressing**. Stir to combine. Divide **farro salad** and **stuffed chicken** between plates.

## Dinner Solved!