



## RECIPE

### **ROASTED POLLO WITH FARRO INGREDIENTS**

4 CHICKEN BREASTS - WITH SKIN	2 LIMES
2 CUPS FARRO	2 T OLIVE OIL
3 EARS CORN	½ CUP YUZU JUICE
1 CUP OF SCALLIONS	4 CUPS CHICKEN STOCK
1 JALAPEÑO	SALT AND PEPPER
2 CUPS OF FRESH KALE	

### **METHOD**

- STEP 1** - Season chicken with salt and pepper and 1 T of oil. Roast chicken in a 400° oven for 15-20 minutes or until chicken reaches internal temperature of 165° F.
- STEP 2** - Place farro in a pot with 1 T oil and toast on medium heat for 2-3 minutes. Add stock and cook until tender. Season with salt and pepper.
- STEP 3** - Shuck and peel corn. Grill and then remove kernels from the cob. Set aside.
- STEP 4** - Chop and remove seeds of jalapeño. Add chopped jalapeño, yuzu and the zest and juice of 1 lime to a blender and blitz until smooth. (Add a little water if it's too thick.)
- STEP 5** - Chop scallions. Mix cooked farro, scallions, grilled corn and 1 T of your yuzu sauce together. Season to taste.
- STEP 6** - Juice kale. Add half of the juice of a lime to the kale juice. (Any chicken drippings you have add them here.)