

This Honey-Mustard Chicken and Farro Bowl Is My New Favorite Weeknight Dinner

When you want something hearty, healthy, and totally craveable, this



TIME
2 min

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INGREDIENTS

Farrotto:

- 1 tbsp extra-virgin olive oil
- 1 cup farro
- 3 cups low-sodium chicken broth (plus 1 cup reserved)
- 1 bunch (1 lb) asparagus, trimmed and chopped
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp ground pepper
- $\frac{1}{2}$ cup fresh parsley, chopped

Chicken:

- 1 lb chicken tenders
- 1 tbsp dry mustard
- $\frac{1}{2}$ tsp pepper
- 2 tbsp olive oil

Sauce:

- 1 tbsp olive oil
- 2 tbsp honey
- $\frac{1}{2}$ tsp crushed red pepper flakes
- 1 cup chicken broth (reserved from earlier)

Instructions:

1. Toast and Cook the Farro:
2. Cook the Chicken:
3. Sauté the Asparagus:
4. Make the Sauce:
5. Finish and Serve:

Tips for Success:

Dry mustard powder gives the chicken a deep tangy base flavor-don't skip it!

If farro finishes cooking early, keep it covered to stay warm.

Want extra creaminess? Stir in a tablespoon of butter or grated Parmesan before serving.

For meal prep, store chicken and farro separately to avoid sogginess.

Variations & Substitutions:

Sub quinoa or brown rice for farro (adjust cooking time accordingly).

Use green beans or zucchini instead of asparagus in the summer months.

Add a squeeze of lemon over the top for brightness.

Make it vegetarian with chickpeas or tofu in place of the chicken.

What to Pair It With:

DIRECTIONS

1. **Toast and Cook the Farro:** In a medium saucepan, heat 1 tbsp olive oil over medium-high heat. Add the farro and cook, stirring frequently, until toasted (about 2 minutes). Pour in 3 cups broth, bring to a boil, reduce to a simmer, and cover. Cook until farro is tender and chewy-about 30 minutes. Remove from heat.
2. **Cook the Chicken:** Season the chicken tenders with dry mustard, salt, and pepper. In a large skillet, heat 2 tbsp olive oil over medium-high heat. Sear the chicken, flipping once, until golden and cooked through (6-8 minutes total). Transfer to a plate and cover to keep warm.
3. **Sauté the Asparagus:** In the same skillet, add 1 tbsp olive oil and chopped asparagus. Season with remaining salt and pepper. Cook, stirring, for 3-4 minutes, until bright green and tender-crisp. Add to the cooked farro and stir together until creamy (about 2 minutes).
4. **Make the Sauce:** To the same skillet, add honey, crushed red pepper, and 1 cup broth. Scrape up browned bits and simmer until the sauce reduces by half (about 2-3 minutes). Return the chicken to the pan and toss to coat in the sticky glaze.
5. **Finish and Serve:** Stir fresh parsley into the farrotto. Spoon the farro onto plates and top with honey-mustard glazed chicken. Drizzle with extra sauce and garnish with more herbs if desired.
6. **Tips for Success:** Dry mustard powder gives the chicken a deep tangy base flavor-don't skip it!
7. **If farro finishes cooking early,** keep it covered to stay warm.
8. **Want extra creaminess?** Stir in a tablespoon of butter

or grated Parmesan before serving.

9. For meal prep, store chicken and farro separately to avoid sogginess.
10. Variations & Substitutions: Sub quinoa or brown rice for farro (adjust cooking time accordingly).
11. Use green beans or zucchini instead of asparagus in the summer months.
12. Add a squeeze of lemon over the top for brightness.
13. Make it vegetarian with chickpeas or tofu in place of the chicken.
14. What to Pair It With: Serve this dish with light sides or pair it with another wholesome main:
15. A Light : Tangy Chicken Salad if you want to offer a second protein
16. Easy : Turkey Wings for a Southern-style dinner night
17. Tomato : Skillet with Okra and Sausage as an extra veggie side
18. One-: Pan Breakfast Bake for a brunch-to-dinner crossover meal
19. Storage & Reheating: Store leftovers in an airtight container in the fridge for up to 3 days.
20. Reheat gently on the stove with a splash of broth to keep the farro creamy.
21. Not ideal for freezing due to the asparagus texture.
22. Final Thoughts: This Honey-Mustard Chicken with Asparagus Farrotto is your new one-pan dinner obsession. It's sweet, savory, and full of wholesome texture-perfect for spring, meal prep, or when you want something fresh without fuss.
23. Tried it? Tag @ChefManiac on Instagram or comment below. Let's cook something great together!

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Original recipe: <https://chefmaniac.com/this-honey-mustard-chicken-and-farro-bowl-is-my-new-favorite-weeknight-dinner/>