Honey Mustard Chicken with Asparagus Farrotto

4 Tablespoons olive oil

1 cup farro

4 cups chicken broth

1 pound chicken breasts

1 Tablespoon dry mustard

3/4 teaspoon salt

3/4 teaspoon pepper

1 pound asparagus

2 Tablespoons honey

1/4 teaspoon crushed red pepper

1/2 cup parsley, chopped

Heat 1 T. oil in saucepan.  Add farro and toast 2 minutes.

Add 3 cups chicken broth and bring to a boil.  Reduce heat and simmer 30 min.

Sprinkle chicken with mustard and 1/2 t. salt and 1/2 t. pepper.

Heat 2 T. oil in skillet.  Add chicken and brown until cooked through to 165.

Remove chicken and add 1 T. oil and asparagus to skillet.

Season with 1/4 t. salt and 1/4 t. pepper.  Cook 3 min.

Add asparagus to farro and stir mixture until creamy.  (2 minutes)

Stir in parsley.

Add 1 cup broth, honey and crushed red pepper to skillet.

Bring to a simmer.  Cook 2 minutes.

Add chicken and turn to coat.

Serve the farro topped with a chicken breast.