



Cooking Made Easy

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## Warm Farro & Shrimp Bowl

with Yellow Wax Beans, Sweet Bell Pepper & Shallot Citronette



Farro is an ideal base for any grain bowl—it's not only nutritious, but nutty and delightfully chewy to boot! Tossed together with juicy shrimp, crispy-tender wax beans, and caramelized bell pepper, this salad is one of our all-time favorites. Lemony shallot citronette is a great staple dressing to keep in your back pocket!

40 min

level 1

nut free

lactose free

seafood first



Shrimp



Farro



Arugula



Yellow Wax Beans



Garlic



Lemon



Bell Pepper



Mint



Shallot

## Ingredients

		2 People	4 People
Shrimp	1)	10 oz	20 oz
Farro	2)	¾ C	1 ½ C
Shallot		1	2
Bell Pepper		1	2
Yellow Wax Beans		4 oz	8 oz
Lemon		1	2
Mint		1 sprig	2 sprigs
Garlic		2 cloves	4 cloves
Arugula		2 oz	4 oz
Olive Oil*		3 T	6 T

\*Not Included

## Allergens

1) Shellfish

2) Wheat

## Tools

Medium Pot, Strainer, Zester, Large Pan, Large Bowl, Whisk

**Nutrition per person** Calories: 606 cal | Carbs: 68 g | Fat: 22 g | Protein: 34 g | Fiber: 11 g

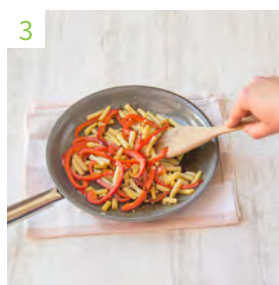
Ruler

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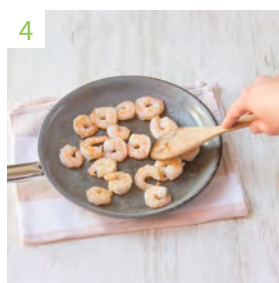


**1** In a medium pot, bring 3 cups **water** to a boil with the **farro** and a large pinch of **salt**. Once boiling, reduce to a simmer, cover, and cook 35-40 minutes, until tender. Drain and set aside.

**2** **Prep the vegetables:** trim and cut the **wax beans** into 2-inch pieces. Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Mince or grate the **garlic**. Zest, halve, and juice the **lemon**. Finely chop the **shallot**. Chop the **mint leaves**.



**3** **Cook the vegetables:** heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **bell pepper** and **wax beans** to the pan and cook, tossing, 7-8 minutes, until tender. Add the **garlic** to the pan and cook for another 30 seconds, until fragrant. Season with **salt** and **pepper**. Set aside.



**4** **Cook the shrimp:** season the **shrimp** with **salt** and **pepper**. Add the shrimp to the same pan and cook, tossing, 2-3 minutes, until opaque. **HINT:** If your pan becomes too dry, add a drizzle of olive oil.



**5** **Make the shallot citronette:** in a large bowl, whisk the **shallot**, **lemon juice**, **salt**, **pepper**, and 2 tablespoons **olive oil**.

**6** When the **farro** is ready, toss it into the **citronette** along with the **veggies**, **arugula**, **shrimp**, **lemon zest**, **half the mint**, and a large pinch of **salt** and **pepper**.

**7** Sprinkle with **remaining mint** and enjoy!

**Tip** This dish is perfect for summer because it's great eaten warm or cold!