



# SPICY TEX-MEX FARRO BOWLS

with Charred Green Pepper, Corn, Pico & Creamy Guac

## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
Farro  
Contains: Wheat



**1 | 2**  
Long Green  
Pepper



**1 | 2**  
Red Onion



**1 TBSP | 2 TBSP**  
Southwest  
Spice Blend



**1 | 2**  
Tomato



**¼ oz | ½ oz**  
Cilantro



**1 | 2**  
Lime



**4 TBSP | 8 TBSP**  
Guacamole



**1½ TBSP | 3 TBSP**  
Sour Cream  
Contains: Milk



**1 | 1**  
Corn



**1 | 2**  
Tex-Mex  
Paste



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### HELLO

### FARRO

A nutrient-rich ancient grain—  
nutty and satisfyingly chewy



**PREP: 10 MIN | COOK: 40 MIN | CALORIES: 620**



# HELLO FRESH

## KERNEL OF TRUTH

Cooking corn brings out sweet flavor—but be careful as it cooks in Step 5. Some of the kernels may pop. Drain and dry well before adding to the pan.

## BUST OUT

- Medium pot
- 2 Small bowls
- Baking sheet
- Zester
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk
- Strainer
- Paper towels
- Large pan

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### 1 COOK FARRO

- Adjust rack to top position and preheat oven to 425 degrees.
- In a medium pot (use a large pot for 4 servings), combine farro, 3½ cups water (6 cups for 4), and a big pinch of salt. Bring to a boil and cook until farro is tender, 25-30 minutes. TIP: If you end up with any excess water, simply pour it out. Alternatively, if water evaporates before farro is done, add a splash of water.



### 4 MIX GUACAMOLE

- In a second small bowl, combine guacamole, sour cream, and a squeeze of lime juice. Season with salt and pepper.



### 2 PREP & ROAST VEGGIES

- Wash and dry produce.
- Halve, deseed, and slice green pepper into ½-inch strips. Halve, peel, and cut onion into ½-inch-thick wedges; finely chop a few wedges until you have 1½ TBSP (3 TBSP for 4 servings). Transfer chopped onion to a small bowl and set aside.
- Toss green pepper and onion wedges on a baking sheet with a large drizzle of oil, 2 tsp Southwest Spice Blend (4 tsp for 4) (you'll use the rest later), and a big pinch of salt and pepper. Roast on top rack until deeply browned and tender, 15-18 minutes.



### 5 COOK CORN

- Drain corn, then pat dry with paper towels.
- Heat a drizzle of oil in a large pan over medium-high heat. Add half the corn (all for 4 servings), remaining Southwest Spice Blend, and a pinch of salt. Cook, stirring, until tender and fragrant, 2-3 minutes. Remove from heat. (It's normal for corn to pop a bit while cooking.)



### 3 MAKE PICO DE GALLO

- Finely dice tomato. Finely chop cilantro. Zest and quarter lime.
- To bowl with chopped onion, stir in tomato, half the cilantro, juice from half the lime, half the lime zest, and a pinch of sugar. Season with salt and pepper.



### 6 FINISH & SERVE

- Drain any water from farro if necessary. Stir in Tex-Mex paste, remaining lime zest, remaining cilantro, 1 TBSP butter (2 TBSP for 4 servings), and a squeeze of lime juice until combined. Stir in corn and half the roasted veggies until combined.
- Divide farro between bowls. Top with remaining veggies, pico de gallo, and guacamole. Serve with any remaining lime wedges on the side.

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