



MAY  
2016

## Warm Shrimp and Farro Salad

with Green Beans, Sweet Bell Pepper, and Shallot-Lemon 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 green 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!

 **Prep:** 10 min  
**Total:** 30 min

 level 1

 make me first

 dairy free

 nut free



Shrimp



Farro



Arugula



Green Beans



Red Bell Pepper



Shallot



Garlic



Lemon



Mint

## Ingredients

	2 People	4 People
Shrimp	1) 10 oz	20 oz
Farro	2) ½ Cup	1 Cup
Arugula	2 oz	4 oz
Green Beans	4 oz	8 oz
Red Bell Pepper	1	2
Shallot	1	2
Garlic	2 Cloves	2 Cloves
Lemon	1	2
Mint	¼ oz	½ oz
Olive Oil*	2 T + 2 t	4 T + 4 t

\*Not Included

## Allergens

1) Shellfish

2) Wheat

Ruler

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## Tools

Medium pot, Strainer, Zester, Large pan, Large bowl, Whisk

**Nutrition per person** Calories: 406 cal | Fat: 19 g | Sat. Fat: 3 g | Protein: 26 g | Carbs: 40 g | Sugar: 9 g | Sodium: 1002 mg | Fiber: 9 g

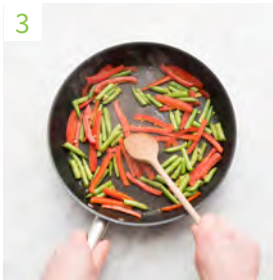
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**1 Cook the farro:** In a medium pot, bring **3 cups water**, the **farro**, and a large pinch of **salt** to a boil. Cook for 25-30 minutes, until tender. Drain.

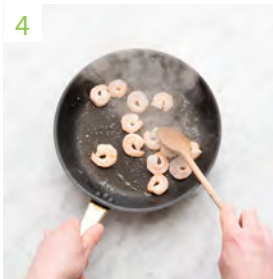
**2 Prep the veggies:** **Wash and dry all produce.** Meanwhile, trim the ends of the **green beans**, then cut into 2-inch pieces. Core, seed, and thinly slice the **bell pepper**. Mince or grate the **garlic**. Zest and halve the **lemon**; cutting one half into wedges. Halve, peel, and finely chop the **shallot**. Finely chop the **mint leaves**.

3



**3 Cook the veggies:** Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **bell pepper** and **green beans** to the pan and cook, tossing for 7-8 minutes, until tender. Add the **garlic** to the pan and cook for another 30 seconds, until fragrant. Season with **salt** and **pepper**. Remove from the pan and set aside.

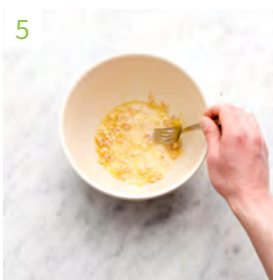
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**4 Cook the shrimp:** Season the **shrimp** with **salt** and **pepper**. Add them along with a drizzle of **olive oil** to the pan and cook, tossing for 2-3 minutes, until opaque. Set aside.

**5 Make the citronette:** In a large bowl, combine the **shallot**, a squeeze of **lemon juice**, and a pinch of **salt** and **pepper**. Whisk in about **2 Tablespoons olive oil**. Taste and adjust with more **lemon juice** or **olive oil**, as needed.

5



**6 Toss and serve:** Toss the cooked **farro** into the **shallot-lemon citronette** along with the **veggies**, **arugula**, **shrimp**, **lemon zest**, **mint**, and a large pinch of **salt** and **pepper**. Serve with a wedge of **lemon** and enjoy!

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