



SPICY TEX-MEX FARRO BOWLS

with Charred Poblano, Corn, Pico & Creamy Guac

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



1 | 2
Poblano Pepper



1 | 2
Red Onion



1 TBSP | 2 TBSP
Southwest Spice Blend



1 | 2
Roma Tomato



¼ oz | ½ oz
Cilantro



1 | 2
Lime



4 TBSP | 8 TBSP
Guacamole



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



13.4 oz | 13.4 oz
Corn



1 | 2
Tex-Mex Paste



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Bavette Steak

Calories: 1020



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



HELLO

FARRO

A nutrient-rich ancient grain that's satisfyingly chewy in texture and nutty in flavor. It's also low in both total fat and saturated fat.

A-MAIZE-ING

Cooking corn brings out its sweet flavor—just be careful as the kernels cook in step 5. It's natural for them to pop. To keep them where they belong, drain and dry thoroughly before adding to the pan, or use a splatter screen if you have one.

BUST OUT

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

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🍴 *Steak is fully cooked when internal temperature reaches 145°.



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.

- 🍴 Pat **steak*** dry with paper towels and season generously all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add steak and cook to desired doneness, 5-7 minutes per side. Turn off heat; transfer to a cutting board to rest for at least 5 minutes. Wipe out pan.



2 PREP & ROAST VEGGIES

- **Wash and dry produce.**
- Halve, deseed, and slice **poblano** 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 poblano and **onion wedges** on a baking sheet with a large drizzle of oil, 2 tsp Southwest Spice (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, 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.)

- 🍴 Use pan used for steak here.



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.

- 🍴 Thinly slice **steak** against the grain; serve atop **farro**.

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