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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

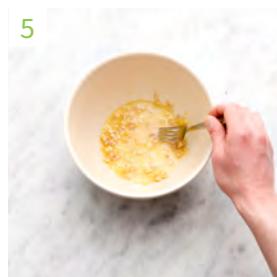
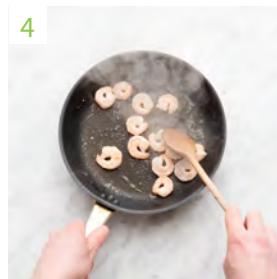
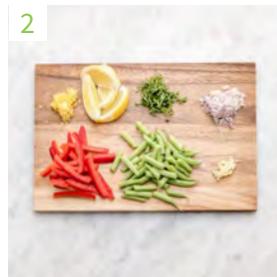


Mint

Ingredients		2 People	4 People	*Not Included
Shrimp	1)	10 oz	20 oz	Allergens
Farro	2)	½ Cup	1 Cup	1) Shellfish 2) Wheat
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	

Ruler

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



**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 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.

**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.

**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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