



# Cal Smart Sage Brown-Butter Shrimp with Creamy Farro and Roasted Squash

Calorie Smart

Quick

25 Minutes



Shrimp



Garlic, cloves



Farro



Vegetable Broth Concentrate



Feta Cheese, crumbled



Butternut Squash, cubes



Green Peas



Sage



Lemon

HELLO FARRO

*An ancient grain that's full of nutty flavour!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, strainer, zester, medium pot, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Garlic, cloves	1	2
Farro	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Feta Cheese, crumbled	¼ cup	½ cup
Butternut Squash, cubes	170 g	340 g
Green Peas	56 g	113 g
Sage	7 g	7 g
Lemon	1	1
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### Cook farro

Add **farro**, **1 tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min. Add **peas** to the pot with **farro** in the last 5 min of cooking. When **farro** is done, reserve **2 tbsp cooking water** (dbl for 4 ppl), then drain and return **farro** and **peas** to the same pot, off heat.



### Brown butter and cook shrimp

Heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl). When **butter** stops foaming, continue to cook, swirling the pan often, until **butter** is golden and nutty, 4-5 min. (**TIP:** Keep your eye on it. Butter can burn quickly!) Add **shrimp**, **garlic** and **sage**. Cook, stirring occasionally, until **shrimp** just turn pink, 3-4 min. **\*\*** Remove the pan from heat.



### Roast squash

While **farro** cooks, add **squash** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** the of the oven, stirring halfway through, until tender and golden-brown, 16-18 min.



### Finish farro

Add **feta**, **lemon zest**, **broth concentrate**, **1 tbsp butter** (dbl for 4 ppl) and **reserved cooking water** to the pot with **farro** and **peas**. Heat over medium. Stir until **feta** is almost melted and **farro** is creamy, 2-3 min. Remove the pot from heat. Add **squash**, then stir to combine. Season with **salt** and **pepper**, to taste.



### Prep

While **squash** roasts, zest **half the lemon** (whole lemon for 4 ppl). Pick **a few sage leaves** from stems, then thinly slice **1 tbsp** (dbl for 4 ppl). Peel, then mince or grate **garlic**. Using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.



### Finish and serve

Divide **creamy farro** and **sage brown-butter shrimp** between plates. Drizzle any **remaining brown butter** in the pan over top.

## Dinner Solved!