



JAN
2017

Warm Shrimp and Farro Salad

with Green Beans, Sweet Bell Pepper and Citronette Dressing

Farro is an ideal base for any grain bowl—it's nutritious and nutty! Tossed together with juicy shrimp, crispy green beans and bell pepper, this salad is one of our all-time favourites. Lemony shallot citronette is a great staple dressing to keep in your back pocket!



Prep
30 min



level 1



make me
first



Shrimp



Farro



Arugula



Green Beans



Red Bell Pepper



Shallot



Garlic



Lemon



Mint



Honey

Ingredients

	2 People	4 People
Shrimp	1 pkg (285 g)	2 pkg (570 g)
Farro	1 pkg (170 g)	2 pkg (340 g)
Arugula	1 pkg (56 g)	2 pkg (113 g)
Green Beans, trimmed	1 pkg (170 g)	2 pkg (340 g)
Red Bell Pepper	1	2
Shallot	1	2
Garlic	1 pkg (10 g)	2 pkg (20 g)
Lemon	1	2
Mint	1 pkg (7 g)	2 pkg (14 g)
Honey	½ pkg (½ tsp)	1 pkg (1 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

1) Wheat/Blé

Tools

Small Pot, Strainer, Zester, Large Pan, Medium Bowl, Large Bowl, Whisk

Ruler

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Nutrition per person Calories: 170 cal | Fat: 7 g | Protein: 38 g | Carbs: 50 g | Fibre: 8 g | Sodium: 398 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Cook the farro: Bring a small pot of **salted water** to a boil with the **farro**. Once boiling, reduce the heat to medium-low. Cover and cook until tender, 18-20 min.

2 Prep: Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Zest, then halve the **lemon(s)**. Halve, peel, and finely chop the **shallot**. Finely chop the **mint leaves**. Core, then thinly slice the **red pepper(s)**. Cut the **green beans** into 1-inch pieces.

3



3 Cook the veggies: Heat a large pan over medium heat. Add a drizzle of **oil**, then the **bell peppers** and **green beans**. Cook, stirring occasionally, until tender, 7-8 min. Add the **garlic** and cook for another 30 sec, until fragrant. Season with **salt** and **pepper**. Transfer the veggies to a medium bowl.

4



4 Cook the shrimp: Add another drizzle of **oil** to the pan. Add the **shrimp** and cook, stirring occasionally, until shrimp turns pink, 2-3 min. Set aside.

5



5 Make the citronette dressing: In a large bowl, combine the **shallot**, **honey**, **lemon zest** and **2 tbsp lemon juice** (double for 4 people.) Season with **salt** and **pepper**. Whisk in a drizzle of **oil**. Taste and add more **lemon juice**, if you want a tangy-er dressing.

6 Finish and serve: Drain the **farro**. Add the **farro** into the **citronette dressing** along with the **veggies**, **arugula**, **shrimp** and **mint**. Enjoy!

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