



More than Food

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MAY

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Warm Shrimp and Farro Salad

with Green Beans, Sweet Bell Pepper & Shallot 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 favourites.

Lemony shallot citronette is a great staple dressing to keep in your back pocket!

 Prep
35 min

 make me
first

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free

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free



Shrimp



Farro



Arugula



Green Beans



Red Bell Pepper



Shallot



Garlic



Lemon



Mint

Ingredients

	2 People	4 People
Shrimp	1 pkg	2 pkgs
Farro	1 pkg	2 pkgs
Arugula	1 pkg	2 pkgs
Green Beans, chopped	1 pkg	2 pkgs
Red Bell Pepper, sliced	1 pkg	2 pkgs
Shallot	1	2
Garlic	2 cloves	4 cloves
Lemon	1	2
Mint	1 pkg	2 pkgs
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Shellfish/Fruits de Mer
2) Wheat/Blé

Tools

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

Nutrition per person Calories: 606 cal | Carbs: 68 g | Fat: 22 g | Protein: 34 g | Fiber: 11 g
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Cook the farro: Bring a medium pot filled with **water** to a boil with the **farro** and a large pinch of **salt**. Once boiling, reduce to a simmer, cover and cook 25-35 minutes until tender. Drain and set aside.

2 Prep the vegetables: **Wash and dry all produce.** 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 **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**. Transfer veggies to a medium bowl.

4 Cook the shrimp: Season the **shrimp** with **salt** and **pepper**. Add them along with a drizzle of **oil** to the same 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 a drizzle of **oil**. Taste and adjust with more **lemon juice** or **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!

