

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



level 1









Shrimp



Eann



Arugula



Green Beans



Red Bell Pepper









Ingredients		2 People	4 People
Shrimp	1)	1 pkg	2 pkgs
Farro	2)	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

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.

*Not Included

Allergens

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

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Tools

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

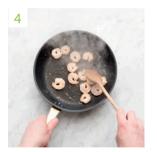


Olive or Canola Oil*

- **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.
- 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!

