

Neapolitan-Style Stewed Vegetables & Farro

with Summer Beans, Sweet Pepper & Gremolata

In Naples, locals celebrate the bounty of summer with a rustic stew of vibrant, seasonal produce. We're drawing inspiration from this custom with our own delectable medley of zucchini, sweet pepper and summer beans. (Depending on what's freshest on the farms near you, your pepper may be green, yellow, orange or red, and your beans may be purple or green.) We're serving the vegetables over a bed of pleasantly chewy farro tossed with fresh mozzarella, sautéed kale and plump cherry tomatoes. Gremolata, a classic parsley and lemon condiment, finishes it all off with a touch of herbal brightness.

Blue Apron Wine Pairings

Arco di Traiano Falanghina, 2014

Charlie's Block Cabernet Sauvignon, 2014



Ingredients

- 1 Cup Semi-Pearled Farro
- 4 Ounces Fresh Mozzarella Cheese
- 4 Ounces Multicolored Cherry Tomatoes
- 4 Ounces Summer Beans
- 1 Bunch Kale
- 1 Summer Sweet Pepper
- 1 Zucchini
- 1 Clove Garlic
- 1 Lemon
- 1 Shallot
- 1 Bunch Parsley

Makes: 2 servings | **Calories:** about 715 per serving

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes

1



Cook the farro:

Heat a large pot of salted water to boiling on high. Once boiling, add the **farro** and cook, uncovered, 16 to 18 minutes, or until tender. Remove from heat. Reserving **½ cup of the farro cooking water**, drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Remove and discard the kale stems; finely chop the leaves. Peel and mince the garlic and shallot. Snap off and discard the stem ends of the beans; halve crosswise. Cut out and discard the stem, ribs and seeds of the pepper. Halve lengthwise, then cut crosswise into ¼-inch-thick strips. Halve the zucchini lengthwise; cut crosswise into ¼-inch-thick pieces. Using a peeler, remove the lemon rind, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Small dice the cheese. Quarter the tomatoes; transfer to a bowl and season with salt and pepper.

3



Cook the kale:

While the farro continues to cook, in a large, high-sided pan (or pot), heat 2 teaspoons of olive oil on medium-high until hot. Add the **kale**, **half the garlic** and **half the shallot**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened; transfer to the pot of **cooked farro**. Rinse and wipe out the pan.

4



Start the vegetables:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **pepper** and **remaining garlic and shallot**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until softened.

5



Finish the vegetables:

Add the **zucchini** to the pan and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **reserved farro cooking water** and cook, stirring occasionally, 5 to 7 minutes, or until the vegetables have softened and most of the liquid has cooked off. Remove from heat and season with salt and pepper to taste.

6



Finish & plate your dish:

To make the gremolata, in a bowl, combine the **lemon zest**, **parsley**, **the juice of 2 lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste. To the pot of **cooked farro and kale**, add the **cheese**, **seasoned tomatoes**, **the juice of the remaining lemon wedges** and a drizzle of olive oil. Stir to combine; season with salt and pepper to taste. Divide between 2 dishes. Top with the **finished vegetables** and gremolata. Enjoy!