

Roasted Beef & Farro Salad

with Sweet Peppers, Summer Squash, & Olives

PREP TIME: 10 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

Toothsome, hearty farro is a fitting accompaniment for juicy roasted beef in this unique dish. For a Mediterranean flourish, we're tossing the farro with petite Niçoise olives, feta cheese, and summer squash. (Depending on what's best near you, you may receive grey zucchini, green zucchini, or yellow squash.) We're topping it all with thin-sliced sweet peppers, cooked with garlic, vinegar, and sugar for an aromatic, tangy-sweet finish.



MATCH YOUR BLUE APRON WINE



Rich & Decadent

Serve a bottle with this symbol for a great pairing.



Ingredients



1
BEEF ROAST



2/3 cup
SEMI-PEARLED
FARRO



6 oz
SWEET PEPPERS



2 cloves
GARLIC



1
SUMMER SQUASH



1 bunch
PARSLEY

KNICK KNACKS:



2 Tbsp
RED WINE
VINEGAR



2 tsp
SUGAR



1 oz
PITTED NIÇOISE
OLIVES



1/4 cup
CRUMBLed FETA
CHEESE



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1 Sear & roast the beef:

- ☐ Remove the **beef** from the refrigerator to bring to room temperature. Preheat the oven to 450°F. Heat a medium pot of salted water to boiling on high. Line a sheet pan with aluminum foil. Pat the beef dry with paper towels; season with salt and pepper on all sides.
- ☐ In a large, high-sided pan (or pot), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned beef and cook, turning occasionally, 6 to 8 minutes, or until browned on all sides. Leaving any browned bits (or fond) in the pan on the stove, transfer to the prepared sheet pan. Roast 8 to 10 minutes, or until cooked to your desired degree of doneness. (An instant-read thermometer should register 125°F for medium-rare.)
- ☐ Remove from the oven and transfer to a cutting board to rest for at least 5 minutes.



2 Cook the farro:

- ☐ While the beef sears, add the **farro** to the pot of boiling water and cook, uncovered, 16 to 18 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

3 Prepare the remaining ingredients:

- ☐ While the farro cooks, wash and dry the fresh produce.
- ☐ Cut off and discard the pepper stems; halve lengthwise. Remove and discard the ribs and seeds, then thinly slice crosswise.
- ☐ Peel and thinly slice the garlic.
- ☐ Medium dice the squash.
- ☐ Pick the parsley leaves off the stems; discard the stems.



4 Cook the peppers:

- ☐ To the pan of reserved fond, add 1 tablespoon of olive oil; heat on medium-high until hot. Add the **peppers** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened. Add the **sugar**, **¼ of the vinegar**, and **3 tablespoons of water** (be careful, as the liquid may splatter). Cook, stirring frequently and scraping up any fond from the bottom of the pan, 3 to 4 minutes, or until thoroughly combined and the liquid is slightly reduced in volume. Transfer to a bowl; season with salt and pepper to taste. Rinse and wipe out the pan.

5 Cook the squash & finish the farro:

- ☐ In the same pan, heat a drizzle of olive oil on medium-high until hot. Add the **squash**. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until softened.
- ☐ Transfer to the pot of **cooked farro**. Add the **cheese**, **olives**, **remaining vinegar**, and **half the parsley**; season with salt and pepper. Stir to combine. Drizzle with olive oil; season with salt and pepper to taste.

6 Slice the beef & plate your dish:

- ☐ Find the lines of muscle (or grain) on the **rested beef**; thinly slice crosswise against the grain.
- ☐ Divide the **finished farro** between 2 dishes. Top with the sliced beef. Drizzle with olive oil and top with the **cooked peppers** (including any liquid from the bowl). Garnish with the **remaining parsley**. Enjoy!

