

# Mediterranean Farro Bowls

with Lemon Yogurt & Chile Oil

WW™ APPROVED  
VEGETARIAN  
DIABETES FRIENDLY  
MEDITERRANEAN

🕒 30-40 MINS | 2 SERVINGS

These colorful bowls feature hearty farro tossed with tender brussels sprouts, spinach, and sweet peppers—topped with a vibrant drizzle of chile oil made with Calabrian chile paste, a specialty product made of fragrant red chiles from Calabria (a region in southern Italy). It's delightfully tempered by the bright, creamy lemon yogurt served underneath.



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Light & Bright

Wine is not included in SmartPoints®

WW | 15 13 8 SmartPoints® value per serving



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## Ingredients



2  
PASTURE-RAISED  
EGGS



1  
LEMON



3 oz  
BABY SPINACH



4 oz  
BRUSSELS  
SPROUTS



1 1/2 tsps  
CALABRIAN CHILE  
PASTE



1/2 cup  
SEMI-PEARLED  
FARRO



2 cloves  
GARLIC



4 oz  
SWEET PEPPERS



2  
DRIED TURKISH  
FIGS



1/2 cup  
PLAIN NONFAT  
GREEK YOGURT



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To make this recipe diabetes friendly and meet the ADA nutrition guidelines for sodium, it is recommended that no additional salt be added to this recipe when prepared. This recipe is 200mg sodium per serving as packaged.

### 1 Cook the farro:

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Fill a separate, small pot  $\frac{3}{4}$  of the way up with water; cover and heat to boiling on high.
- Once boiling, add the **farro** to the medium pot of salted boiling water. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot. Cover to keep warm.



2

### 2 Cook the eggs:

- Meanwhile, carefully add the **eggs** to the remaining pot of boiling water and cook 7 minutes for soft-boiled, or until your desired degree of doneness. Drain thoroughly and rinse under cold water 30 seconds to 1 minute to stop the cooking process.
- When cool enough to handle, peel the cooked eggs. Season with salt and pepper.



3

### 3 Prepare the ingredients & make the chile oil:

- Meanwhile, wash and dry the fresh produce.
- Roughly chop the **figs**. Place in a bowl; cover with hot water. Set aside to rehydrate at least 10 minutes.
- Cut off and discard the stem ends of the **brussels sprouts**; quarter lengthwise.
- Cut off and discard the stems of the **peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Zest the **lemon** to get 1 teaspoon (if you don't have a zester, use a peeler to remove the yellow rind of the lemon, avoiding the white pith; mince the rind). Quarter and deseed the lemon.
- In a bowl, combine the **lemon zest** and **yogurt**; season with salt and pepper.
- In a separate bowl, whisk together the **chile paste** and **2 tablespoons of olive oil**.



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### 4 Cook the vegetables:

- In a medium pan (nonstick, if you have one), heat  $\frac{1}{2}$  **teaspoon of olive oil** on medium-high until hot.
- Add the **quartered brussels sprouts**. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **sliced peppers** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Turn off the heat.



5

### 5 Finish the farro & serve your dish:

- To the pot of **cooked farro**, add the **cooked vegetables**, **rehydrated figs** (discarding the liquid), and the **juice of 2 lemon wedges**; stir to combine. Taste, then season with salt and pepper if desired.
- Evenly divide the **lemon yogurt** between two dishes; spread into an even layer. Top with the **finished farro**, **seasoned eggs**, and **as much of the chile oil as you'd like**, depending on how spicy you'd like the dish to be. Serve the **remaining lemon wedges** on the side. Enjoy!



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 540, Total Carbohydrates: 58g, Dietary Fiber: 8g, Added Sugar: 0g, Total Fat: 24g, Saturated Fat: 4g, Protein: 23g, Sodium: 790mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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