

Peach & Snap Pea Grain Bowl

with Feta Cheese & a Sunny Side-Up Egg

VEGETARIAN
WW™ APPROVED
MEDITERRANEAN DIET

🕒 20-30 MINS | 2 SERVINGS

Bright, seasonal flavors abound in these vibrant bowls thanks to sautéed snap peas and a duo of marinated sweet peach and fresh tomatoes, which we're stirring into hearty farro—cooked with ras el hanout for bold, exciting flavor. We're topping it all with a rich fried egg, tangy feta cheese, and fresh mint.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Wine is not included in SmartPoints®



WW | 14 12 8 SmartPoints® value per serving



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Ingredients



2
PASTURE-RAISED
EGGS



4 oz
SUGAR SNAP PEAS



1
PEACH



1
SHALLOT



1 oz
DRIED MEDJOO
DATES



2 Tbsps
SLICED ROASTED
ALMONDS



1/2 cup
SEMI-PEARLED
FARRO



4 oz
GRAPE TOMATOES



1 bunch
MINT



1 Tbsp
RED WINE
VINEGAR



1 1/2 oz
FETA CHEESE



1 Tbsp
RAS EL HANOUT



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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.
- Once boiling, add the **farro** and **ras el hanout**. Cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.

2 Prepare the ingredients:

- Meanwhile, wash and dry the fresh produce.
- Pull off and discard the tough string that runs the length of each **snap pea** pod.
- Pit and roughly chop the **dates**.
- Pick the **mint** leaves off the stems.
- Halve the **tomatoes**.
- Pit and medium dice the **peach**.
- Peel the **shallot**; finely chop to get 2 tablespoons (you may have extra).
- In a medium bowl, combine the **halved tomatoes, diced peach, chopped shallot, vinegar**, and $\frac{1}{2}$ **teaspoon of olive oil**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.



3 Cook the peas:

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **prepared peas** in an even layer; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Transfer to a bowl. Wipe out the pan.



4 Fry the eggs & serve your dish:

- In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.
- To the pot of **cooked farro**, add the **marinated tomatoes and peach** (including any liquid), **cooked peas, chopped dates**, and **almonds**. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **fried eggs, mint leaves** (tearing just before adding), and **cheese** (crumbling before adding). Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 520, Total Carbohydrates: 57g, Dietary Fiber: 9g, Added Sugar: 0g, Total Fat: 23g, Saturated Fat: 7g, Protein: 23g, Sodium: 1020mg.

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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