

Vegetable & Farro “Fried Rice”

with Poblano Pepper & Peanuts

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients



2 Pasture-Raised Eggs



6 oz Green Beans



2 Scallions



1 Tbsp Soy Sauce



½ cup Semi-Pearled Farro



2 cloves Garlic



1 Poblano Pepper



3 Tbsps Roasted Peanuts



6 oz Carrots



1 piece Ginger



1 Tbsp Rice Vinegar



¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



SmartPoints® value per serving
(as packaged)



Scan this barcode
in your WW app to
track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

To learn more about WW and SmartPoints visit www.ww.com. The WW logo, SmartPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

Learn more at blueapron.com/pages/wellness

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 cook, uncovered, 18 to 20 minutes, or until tender.
- Drain thoroughly.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- Peel the **carrots**; thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Peel the **ginger**; finely chop to get 2 teaspoons (you may have extra).
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, combine the **chopped garlic, chopped ginger, and sliced white bottoms of the scallions**.
- Crack the **eggs** into a separate bowl. Season with salt and pepper; beat until smooth.
- Roughly chop the **peanuts**.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then medium dice. Thoroughly wash your hands immediately after handling.



3 Cook the vegetables & eggs

- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **halved green beans** and **diced pepper** in an even layer; season with salt and pepper. Cook, without stirring, 3 to 4 minutes, or until lightly browned and slightly softened.
- Add the **sliced carrots**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until slightly softened.
- Add the **prepared garlic, ginger, and white bottoms of the scallions** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 2 to 3 minutes, or until softened. Using a spoon, move the vegetables to one side of the pan.
- Add **2 teaspoons of olive oil** to the other side, then add the **beaten eggs**. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until cooked through. Stir the vegetables and eggs to thoroughly combine.
- Transfer to a large bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Finish the farro & serve your dish

- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **cooked farro** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly crispy.
- Turn off the heat; stir in the **soy sauce** and **vinegar** until combined.
- Transfer to the bowl of **cooked vegetables and eggs**; stir to combine. Taste, then season with salt and pepper if desired.
- Serve the **finished farro and vegetables** garnished with the **chopped peanuts** and **sliced green tops of the scallions**. Enjoy!

