

# Veracruz-Style Shrimp & Vegetables

with Lemon Farro

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com



## Ingredients



10 oz Tail-On Shrimp<sup>1</sup>



1 Poblano Pepper



4 oz Grape Tomatoes



1 tsp Whole Dried Oregano



½ cup Semi-Pearled Farro



1 oz Sliced Pickled Jalapeño Pepper



1 Lemon



1 Yellow or Red Onion



1 Tbsp Capers



1 ½ Tbsps Golden Raisins



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



2-4

**PersonalPoints™**  
range per serving

Now your Points value is personalized to YOU! It could be between 2-4 Points. Scan the barcode to see yours!



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

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<sup>1</sup>. peeled & deveined



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 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. Turn off the heat.
- Drain thoroughly and return to the pot.



## 2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Halve, peel, and thinly slice the **onion**.
- Halve the **tomatoes**; place in a bowl and season with salt and pepper.
- Using a zester or the small side of a box grater, finely grate the **lemon** to get 1 teaspoon. Quarter and deseed the lemon.
- Cut off and discard the stem of the **poblano pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- Roughly chop the **jalapeño pepper**.
- Thoroughly wash your hands immediately after handling the peppers.



## 3 Prepare the shrimp & start the sauce

- Pat the **shrimp** dry with paper towels (remove the tails, if desired).
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **sliced onion** and **sliced poblano pepper**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened.



### Step 3 continued:

- Add the **seasoned tomatoes, oregano, raisins, capers,  $\frac{1}{4}$  cup of water** (carefully, as the liquid may splatter), and **as much of the chopped jalapeño pepper as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring frequently and pressing down on the tomatoes with the back of a spoon, 3 to 4 minutes, or until slightly softened and the tomatoes are slightly broken down.

## 4 Cook the shrimp & finish the sauce

- Place the **prepared shrimp** in an even layer on top of the **sauce**; season with salt and pepper. Loosely cover the pan with foil and cook, without stirring, 2 to 3 minutes, or until the shrimp are slightly opaque.
- Remove the foil and continue to cook, stirring occasionally, 1 to 2 minutes, or until the shrimp are opaque and cooked through.
- Turn off the heat and stir in the **juice of 2 lemon wedges**. Taste, then season with salt and pepper if desired.



## 5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **lemon zest** and **2 teaspoons of olive oil**. Season with salt and pepper; stir to combine.
- Serve the **cooked shrimp and sauce** over the **finished farro**. Serve the **remaining lemon wedges** on the side. Enjoy!

