

# Greek Farro Salad

with Chickpeas, Tzatziki & Feta

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com




 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*

## Ingredients

Customized ingredients

ADDED:



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



1 Bell Pepper



1 ½ oz Feta Cheese



1 cup Semi-Pearled Farro



1 Zucchini



1 clove Garlic



½ cup Tzatziki<sup>2</sup>



1 15.5-oz can Chickpeas



4 oz Grape Tomatoes



1 bunch Parsley



1 Tbsp Sherry Vinegar



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



10 - 13

PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 10-13 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.

If you customized this recipe, your PersonalPoints may differ from what's above.

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1. peeled & deveined 2. cucumber-yogurt sauce  
\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Cook the farro

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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 Dry & roast the chickpeas

- Meanwhile, line a sheet pan with a layer of paper towels.
- Drain and rinse the **chickpeas**; spread onto the paper towels. Using a second layer of paper towels, gently pat or roll the chickpeas to thoroughly dry; discard the paper towels and any loose chickpea skins. Arrange in an even layer.
- Roast 4 to 5 minutes, or until completely dry.
- Leaving the oven on, remove from the oven. Add a drizzle of **olive oil** and season with salt and pepper; carefully stir to coat. Arrange in an even layer.
- Return to the oven and roast, stirring halfway through, 19 to 21 minutes, or until browned and crispy (be careful, as the chickpeas may pop as they roast).
- Remove from the oven.



## 3 Prepare the remaining ingredients

- Meanwhile, wash and dry the fresh produce.
- Cut the **zucchini** into  $\frac{1}{2}$ -inch-thick rounds.
- Roughly chop the **parsley** leaves and stems.
- Halve the **tomatoes**.
- Cut off and discard the stem of the **pepper**. Quarter lengthwise; remove the ribs and seeds, then thinly slice crosswise.



### Step 3 continued:

- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- Combine the **halved tomatoes** and **sliced pepper** in a medium bowl. Add the **vinegar**, **up to half the garlic paste** (you will have extra), and a drizzle 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.

## 4 Cook the zucchini

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini rounds** in an even layer; season with salt and pepper. Cook 3 to 4 minutes per side, or until browned and softened.
- Turn off the heat.



### ↺ CUSTOMIZED STEP 4 If you chose Shrimp

- Cook the zucchini as directed, but transfer to a plate and cover with foil to keep warm. Wipe out the pan.

### ↺ ADDITIONAL STEP If you chose Shrimp

- Pat the **shrimp** dry with paper towels (remove the tails, if desired). Season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned shrimp. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- Turn off the heat.

## 5 Finish the farro & serve your dish

- To the pot of **cooked farro**, add the **cheese** (crumbling before adding) and **marinated tomatoes and pepper** (including any liquid). Drizzle with **olive oil** and season with salt and pepper. Stir to combine.
- Taste, then season with salt and pepper if desired.
- Serve the **finished farro** topped with the **cooked zucchini**, **roasted chickpeas**, and **tzatziki**. Garnish with the **chopped parsley**. Enjoy!



### ↺ CUSTOMIZED STEP 5 If you chose Shrimp

- Finish the farro and serve your dish as directed, topping with the **cooked shrimp**.