





Ingredients*



10 oz Tail-On Shrimp¹



½ cup Semi-Pearled



2 cloves Garlic



6 oz Kale



1 Tbsp Capers



4 oz Grape Tomatoes



2 Tbsps Crème Fraîche



1 1/2 tsps Calabrian Chile Paste



1 Tbsp Italian Seasoning²





Points" value

Scan this barcode

in your WW app to 8 track Points™. Wine is not included in Points™ as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points $^{\text{TM}}$ value per teaspoon) to coat your pan before heating.

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Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Points? Choose nonstick cooking spray (0 Points) instead of olive oil (1 Point per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit www.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel and roughly chop 2 cloves of garlic.
- Separate the kale leaves from the stems; discard the stems, then roughly chop the leaves.
- Halve the tomatoes.
- Roughly chop the capers.

2 Cook the farro

- Add the farro to the pot of 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.



3 Cook the shrimp

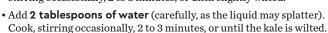
- Pat the shrimp dry with paper towels (remove the tails if desired); place in a bowl. Season with salt, pepper, and enough of the Italian seasoning to coat (you may have extra). Toss to coat.
- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.

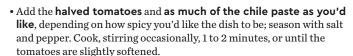


- Add the seasoned shrimp in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly opaque. Continue to cook, stirring occasionally, 1 to 2 minutes, or until opaque and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

4 Cook & finish the vegetables

- In the pan of reserved fond, heat a drizzle of olive oil on medium-high until hot.
- Add the chopped garlic. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the chopped kale; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.





• Turn off the heat. Add the crème fraîche and cooked shrimp; stir until combined. Taste, then season with salt and pepper if desired.

5 Finish the farro & serve your dish

- To the pot of cooked farro, add the chopped capers and a drizzle of olive oil. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished farro topped with the finished shrimp and vegetables. Enjoy!

