

Italian Shrimp & Farro

with Calabrian Kale & Tomatoes

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
blueapron.com



Ingredients*



10 oz Tail-On Shrimp¹



½ cup Semi-Pearled Farro



2 cloves Garlic



6 oz Kale



1 Tbsp Capers



4 oz Grape Tomatoes



2 Tbsps Crème Fraîche



1 ½ tps Calabrian Chile Paste



1 Tbsp Italian Seasoning²



5

Points™ value
per serving



Scan this barcode in your WW app to 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™ value per teaspoon) to coat your pan before heating.

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¹ peeled & deveined ² Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot $\frac{3}{4}$ 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.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted.
- Add the **halved tomatoes** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the tomatoes are slightly softened.
- 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!

