

# Farro Jambalaya

with Crispy Maitake Mushrooms

At the heart of many cuisines is a set of aromatics—fragrant vegetables that form the base of a dish's flavor profile. In French cooking, it's mirepoix (carrot, onion and celery). Similarly, in the Creole tradition of the Southern U.S., it's bell pepper, onion and celery, collectively referred to as the "holy trinity." We're sticking with tradition here and using these aromatics, along with okra (which acts as a natural thickener), to create a hearty, authentic vegetable jambalaya.



## Ingredients

- ¾ Cup Pearled Farro
- 1 15-Ounce Can Diced Tomatoes
- 1 Can Red Kidney Beans
- 3 Ounces Maitake Mushrooms
- 3 Ounces Okra
- 2 Ounces Multicolored Heirloom Carrots
- 2 Scallions
- 1 Green Bell Pepper
- 1 Stalk Celery
- 1 Yellow Onion

## Knick Knacks

- 1 Mini Bottle Tabasco Hot Sauce
- 1 Tablespoon Blue Apron Cajun Spice Blend  
*(Smoked Paprika, Ground Mustard, Onion Powder, Garlic Powder, Dried Oregano, Dried Thyme & Cayenne Pepper)*

Makes 2 Servings

About 595 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



### Prepare the ingredients:

Wash and dry the fresh produce. Cut the mushrooms into large pieces. Medium dice the celery. Cut off and discard the okra stems; cut the okra into ½-inch rounds. Slice the carrots into ½-inch rounds. Cut off and discard the root ends of the scallions; thinly slice the the scallions on an angle, separating the white bottoms and green tops. Remove and discard the stem, ribs and seeds of the bell pepper; medium dice the bell pepper. Peel and medium dice the onion. Drain and rinse the beans.

2



### Cook the aromatics:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots, white bottoms of the scallions, bell pepper, celery, onion** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are slightly softened.

3



### Add the farro, tomatoes & beans:

Add the **farro** to the pot of aromatics; cook, stirring frequently, 30 seconds to 1 minute, or until toasted and fragrant. Add the **diced tomatoes, beans** and **4 cups of water**; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high and simmer, stirring occasionally, 16 to 18 minutes, or until the farro is tender.

4



### Crisp the mushrooms:

While the farro and beans cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms**. Cook, stirring occasionally, 4 to 5 minutes, or until browned and crispy. Transfer to a paper towel-lined plate; season with salt and pepper to taste. Set aside in a warm place.

5



### Finish the jambalaya:

Add the **okra** to the pot of farro, beans and vegetables. Cook, stirring occasionally, 5 to 7 minutes, or until thickened and slightly reduced in volume. Remove from heat and season with salt and pepper to taste.

6



### Plate your dish:

Divide the **jambalaya** between 2 bowls. Top with the **crispy mushrooms** and **green tops of the scallions**. Serve with **as much of the Tabasco hot sauce as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!