

Smoky Shrimp Farro Bowl

Sweet smoke, tangy pickled vegetables, and cool lemon yogurt come together in this vibrant shrimp bowl. Crispy shrimp are coated in a rich smoky glaze and served over nutty farro with charred asparagus and green beans for plenty of texture in every bite. A cucumber-dill yogurt sauce ties everything together with a bright, refreshing finish that is surprisingly light.

25 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Medium Saucepan

FROM YOUR PANTRY

- Egg (1)
- Flour (1/4 cup)
- Olive Oil
- Salt & Pepper

6 MEEZ CONTAINERS

- Pickled Red Onions & Peppers
- Farro
- Asparagus & Green Beans
- Shrimp
- Smoky Sauce
- Lemon Yogurt Sauce

Good to Know

Shrimp is a good source of selenium, omega-3 fatty acids, vitamin B12 and astaxanthin, a natural and powerful antioxidant.

Health snapshot per serving – 530 Calories, 9g Fat, 92g Carbs, 32g Protein, and 15 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Shrimp, Farro, Asparagus, Green Beans, Red Bell Pepper, Red Onion, Brown Sugar, Apple Cider Vinegar, Yogurt, Cucumber, Lemon, Cream, Sugar, Liquid Smoke, Tamari, Dill, Black Pepper, Kosher Salt, Garlic.

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1. Get Organized

Bring a medium saucepan of water to a boil. Drain the liquid from the **Pickled Red Onions & Peppers** and set aside until step 5.

2. Cook the Farro

Add a pinch of salt and the **Farro** to the boiling water. Cook until the kernels pop, about 20 minutes. Drain and return the farro to the pan. Fluff with a fork, cover and set aside until step 5.

3. Cook the Asparagus & Green Beans

While the farro is cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asparagus & Green Beans** with a sprinkle of salt and pepper. Cook until the vegetables start to char, about 5 to 6 minutes. Remove from the skillet and set aside. Wipe out the skillet.

4. Cook the Smoky Shrimp

Whisk 1 egg in a small bowl and spread ¼ cup of flour on a plate. Pat dry the **Shrimp**. Working in batches, place the shrimp into the egg, shake off any excess, and then place into the flour and coat well on both sides.

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Cook the shrimp until the coating browns, about a minute on each side. Place the cooked shrimp on a paper-towel-lined plate. Do not wipe out the skillet. Return the skillet to the heat and add the **Smoky Sauce** (thin and brown in color) to the skillet. Bring to a boil and then reduce the heat to medium and simmer until the sauce has thickened to a sticky glaze, about 2 to 3 minutes. Turn off the heat. Return the shrimp to the skillet and gently flip them in the smoky sauce until coated.

5. Put It All Together

Spread an even layer of farro in your serving bowls and top with the smoky shrimp, asparagus and green beans, and pickled veggies each in their own section. Drizzle the shrimp and asparagus & green beans with the **Lemon Yogurt Sauce**. Enjoy!

Try to keep as much of the breading intact on the shrimp as possible.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois