



## Farro Stir-Fried Grains

with Broccoli and Mushrooms



20-30min



4 Servings

You won't find any rice in this vegetable stir-fry, instead, chewy farro is the star of the show. Once the ingredients are chopped, this dish comes together in just 15 minutes. To get a head-start on dinner, you can prepare the recipe through step 2 early in the day and refrigerate. Cook, relax, and enjoy!



## What we send

- garlic
- fresh ginger
- broccoli crowns
- scallions
- red bell pepper
- rice vinegar
- cremini mushrooms

## What you need

- coarse salt
- sugar

## Tools

- large nonstick skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 464.0kcal, Fat 18.0g, Proteins 17.3g, Carbs 61.1g



### 1. Cook farro

Bring a medium pot of **salted water** to a boil. Add **farro** and cook until al dente, about 8 minutes. Drain, shaking out water; spread out on a rimmed baking sheet to cool.



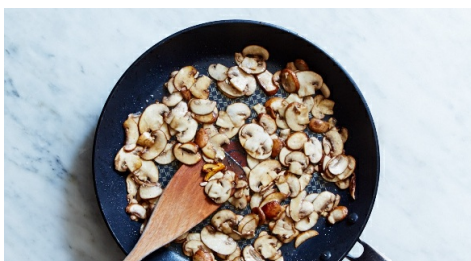
### 2. Prep ingredients

Peel and thinly slice **ginger**; stack slices and cut into thin matchsticks. Peel and finely chop **2 large cloves garlic**. Trim ends from **scallions** and thinly slice on the bias. Trim **mushroom stems** and thinly slice **caps**. Cut **broccoli** into 1-inch florets; discard stems. Cut sides from **bell pepper**; discard seeds and stem, then thinly slice. Coarsely chop **peanuts**.



### 3. Sauté broccoli

Heat **1 teaspoon oil** in a large nonstick skillet over medium-high. Add **broccoli** and **2 tablespoons water**. Cover and cook until crisp-tender and water is evaporated, about 2 minutes. Season lightly with **salt**. Transfer to a large plate.



### 4. Sauté mushrooms

Add **2 tablespoons oil** to the same skillet over medium-high. Add **mushrooms** and cook, stirring frequently, until liquid is evaporated, and mushrooms are browned and tender, 5-7 minutes. Season lightly with **salt**. Transfer to plate with **broccoli**.



### 5. Sauté aromatics

Heat **2 tablespoons oil** in the same skillet over medium-high. Add **bell pepper** and cook until crisp-tender, 2-3 minutes. Add **garlic, ginger,** and **¾ of the scallions** (reserve the rest for garnish), and stir-fry until fragrant, about 30 seconds. Add **farro, broccoli,** and **mushrooms**, and stir-fry until combined and heated through, about 2 minutes.



### 6. Finish

In a small bowl, stir **tamari** with **rice vinegar** and **1 tablespoon sugar**. Add mixture to the skillet and stir-fry until evenly combined and sizzling, about 5 minutes. Serve **farro stir-fry** garnished with **peanuts** and **remaining scallions**. Enjoy!