



## Glazed Steak

with Farro & Bell Pepper Stir-Fry



20-30min



4 Servings

Farro is one of the oldest cultivated wheat grains, grown in the Fertile Crescent thousands of years ago. And, like all good things, farro has stood the test of time due to its nutty flavor, delightfully chewy texture, and nutrient density. Nowadays, farro is primarily grown in Italy and is used in soups, salads, and as a side—similar to rice, barley or quinoa.



## What we send

- scallion
- red bell pepper
- flank steak
- baby spinach

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- large saucepan
- large skillet

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 600.0kcal, Fat 26.0g, Proteins 31.0g, Carbs 64.0g



### 1. Prep ingredients

Bring a large saucepan of **salted water** to a boil. Quarter **peppers**, remove stems, cores and seeds, then cut crosswise into ½-inch wide slices. Trim stem ends from **scallions**, then thinly slice. In a small bowl, combine **all of the tamari**, **⅓ cup vinegar**, and **1 tablespoon sugar**; stir to dissolve sugar.



### 4. Glaze steaks

Add **tamari-vinegar** mixture to skillet with **steaks** and cook, turning steaks, until glazed and sauce is reduced to ⅓ cup, about 2 minutes. Transfer steaks to a cutting board and **glaze** to a small bowl. Rinse skillet and wipe dry.



### 2. Cook farro

Add **farro** to boiling water and cook until tender, 10-12 minutes. Drain well and return farro to pot.



### 5. Stir-fry peppers & farro

Heat **1 tablespoon oil** in same skillet over high. Add **peppers** and cook until crisp-tender, 2-3 minutes. Add **farro**, **half of the scallions**, and **2 tablespoons oil**. Cook to heat through, stirring, about 2 minutes. Add **half of the glaze** and stir to coat.



### 3. Sear steaks

Pat **steaks** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a large, heavy skillet over medium-high. Add steaks and cook until medium-rare and deeply browned, 4-5 minutes per side.



### 6. Finish & serve

Add **spinach** to skillet with **farro** and stir until wilted, about 1 minute. Season to taste with **salt** and **pepper**. Very thinly slice **steaks** across the grain. Serve **farro stir-fry** topped with **sliced steak** and **any juices**. Drizzle **remaining glaze** over top and garnish with **remaining scallions**. Enjoy!