



## Tray Bake: Farro & Lentil Bake with Shrimp

& Arugula-Dijon Salad



1h



2 Servings

Farro and lentils, two of the most ancient food crops, have been satisfying hunger for centuries. And it's no wonder! They're as filling as they are nutritious. Farro and lentils combine with seafood broth concentrate, lemon zest, and Parmesan that bakes with herbs de Provence-seasoned shrimp to meld all of the flavors together. A simple arugula salad with a lemony Dijon dressing perfectly complements this healthy plate.



## What we send

- 1 pkt seafood broth concentrate <sup>2,4</sup>
- $\frac{3}{4}$  oz Parmesan <sup>7</sup>
- 1 lemon
- aluminum foil tray
- 4 oz farro <sup>1</sup>
- 3 oz French green lentils
- 10 oz pkg shrimp <sup>2</sup>
- $\frac{1}{4}$  oz herbs de Provence
- $\frac{1}{4}$  oz Dijon mustard
- 5 oz arugula

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- microwave
- microplane or grater
- aluminium foil

## Allergens

Wheat (1), Shellfish (2), Fish (4), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 750kcal, Fat 35g, Carbs 59g, Protein 49g



### 1. Prep ingredients

Preheat oven to 375°F with a rack in the center.

In a large microwave safe bowl or measuring cup, combine **seafood broth concentrate**, **2 cups water**, and **1 teaspoon salt**. Microwave on high until steaming, 2-3 minutes.

Finely grate **Parmesan** and **all of the lemon zest**, keeping separate.



### 4. Cook shrimp

Stir  $\frac{3}{4}$  of the **grated Parmesan** into **farro and lentils**. Top grains with **shrimp** and re-cover tightly with foil. Return to oven and bake until shrimp are cooked through and water is absorbed, 10-15 minutes. Let rest, covered, 5 minutes.



### 2. Bake

In aluminum tray, combine **farro**, **lemon zest**, **lentils**, and **broth mixture**. Cover tightly with foil and bake until liquid is mostly absorbed and farro and lentils are tender, about 30 minutes.

Meanwhile, pat **shrimp** dry and toss with **1 tablespoon oil** and **1 teaspoon herbs de Provence**; season with **salt** and **pepper**.



### 5. Finish & serve

Toss **arugula** with **dressing** until evenly coated. Sprinkle **remaining Parmesan** over **shrimp** and garnish with **a squeeze of lemon**, if desired. Enjoy!



### 3. Make salad

In a large bowl, juice **1 tablespoon lemon**. Whisk in **Dijon** and **3 tablespoons oil**. Season to taste with **salt** and **pepper**.

Cut **remainder of lemon** into wedges.



### 6. Rate your plate!

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