

DINNERLY



Roasted Shrimp & Broccoli Grain Bowl with Tahini Dressing & Mint



20-30min



2 Servings

In our professional opinion, a hearty, wholesome grain bowl is one of the best ways to get your nutrients. One of our favorite grains, farro, is loaded up with sweet shrimp, roasted broccoli and onions, thinly sliced radish, creamy tahini, and a perfectly jammy egg. We've got you covered!

WHAT WE SEND

- 4 oz farro ¹
- 1 yellow onion
- ½ lb broccoli
- ½ lb pkg shrimp ^{2,17}
- 1 oz tahini ¹¹
- 1 radish
- ¼ oz fresh mint
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- 2 large eggs ³
- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or vinegar of your choice)
- sugar

TOOLS

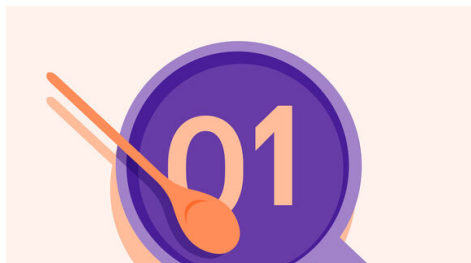
- medium saucepan
- rimmed baking sheet
- small saucepan

ALLERGENS

Wheat (1), Shellfish (2), Egg (3), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

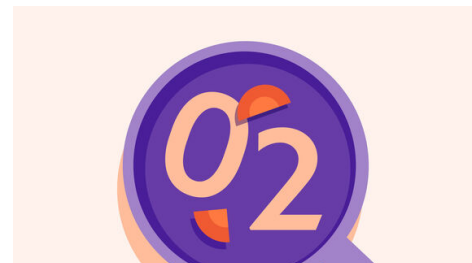
NUTRITION PER SERVING

Calories 680kcal, Fat 31g, Carbs 63g, Protein 40g



1. Cook farro

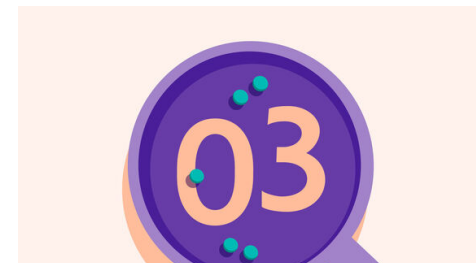
Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18–20 minutes. Drain well; add **1 tablespoon oil**. Cover to keep warm off heat until ready to serve.



2. Boil eggs

Preheat broiler with a rack in the upper third.

Fill a separate small saucepan with **water** and bring to a boil. Carefully add **2 large eggs**; cook until set, about 6 minutes. Using a slotted spoon, transfer eggs to a bowl with **ice water** to cool until ready to serve.



3. Broil shrimp & veggies

Meanwhile, halve **onion** and cut into ½-inch thick wedges. Cut **broccoli** into florets, if necessary.

Rinse **shrimp** and pat very dry. Toss shrimp, broccoli, and onions on a rimmed baking sheet with **2 tablespoons oil** and a **pinch each of salt and pepper**.

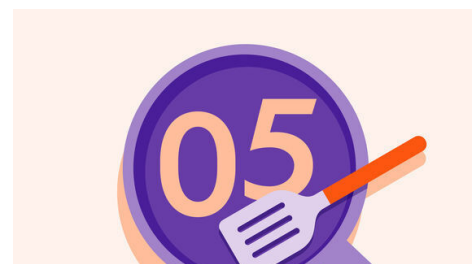
Broil on upper oven rack until veggies are charred and shrimp are pink, 8–10 minutes (watch closely as broilers vary).



4. Prep ingredients

Meanwhile, in a small bowl, whisk to combine **tahini**, **5 teaspoons water**, **½ teaspoon vinegar**, and a **pinch of sugar** (if too thick, add more water, 1 teaspoon at a time, until it drizzles from a spoon). Season to taste with **salt** and **pepper**.

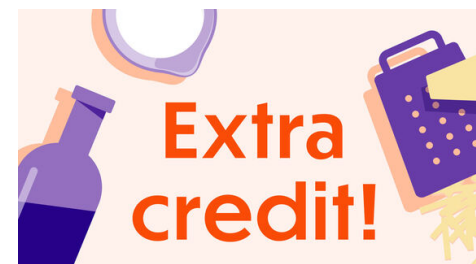
Thinly slice **radish**. Pick **mint leaves** from stems and coarsely chop; discard stems.



5. Assemble & serve

Peel **eggs** and cut in half. Transfer **farro** to bowls. Top with **shrimp**, **broccoli**, **onions**, **radishes**, and **eggs**. Drizzle with **tahini dressing**.

Serve **broccoli grain bowl** garnished with **sesame seeds** and **mint**. Enjoy!



6. Bring the heat!

If you like spice, sprinkle some red chili flakes over top.