MARLEY SPOON

Fall Harvest Wild Shrimp & Veggie Grain Bowl

with Dried Cherries & Feta

30-40min 2 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This hearty version showcases a bed of warm farro covered in a multitude of textures–plump shrimp, crisp Brussels sprouts and carrots, tender onions, and creamy feta. A final garnish of sweet dried cherries and crunchy pumpkin seeds hits all the right notes.

What we send

- 2 carrots
- ½ lb Brussels sprouts
- 1 red onion
- 1 lemon
- ¼ oz fresh thyme
- 4 oz farro [1]
- 1 oz dried cherries
- 10 oz pkg wild caught shrimp [2]
- 2 oz feta [3]
- 1 oz pepitas

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- microplane or grater
- medium saucepan
- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 1010kcal, Fat 52g, Carbs 93g, Protein 51g

1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel **carrots**; cut into ¼-inch slices. Trim and halve **Brussels sprouts** (quarter, if large). Cut **onion** through core into ½-inch wedges. Grate **1 teaspoon lemon zest** and squeeze **half of the lemon** into a small bowl; cut remaining lemon halve into 2 wedges. Pick and finely chop **half of the thyme**; reserve remaining whole stems.

2. Roast vegetables

Fill a medium saucepan with **salted water**; bring to a boil.

On a rimmed baking sheet, toss **carrots, Brussels sprouts, onions, lemon wedges, reserved thyme sprigs, 2 tablespoons oil**, and **½ teaspoon each of salt and pepper**; spread into an even layer. Roast on upper oven rack until veggies are tender and well browned, about 25 minutes. Remove and discard thyme sprigs.

3. Cook grains & shrimp

Add **farro** to boiling water and cook, stirring occasionally, until tender, 18–20 minutes. Add **cherries** during last 2 minutes of cooking. Drain and shake out excess water.

Rinse **shrimp** and pat very dry. Season with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium skillet over high. Add shrimp and cook until just curled and pink, 2–3 minutes.

4. Make dressing

Transfer **roasted lemon wedges** to a medium bowl and press with a spoon to squeeze juice; discard rind and seeds. Whisk in **2 tablespoons oil**, **1 tablespoon water**, and **⅔ of the feta**. Season to taste with **salt** and **pepper**.

5. Dress grains

Transfer **farro, ⅔ of the chopped thyme**, and **¾ of the pepitas** to bowl with **lemon-feta dressing**; toss to combine. Season to taste with **salt** and **pepper**.

To bowl with **lemon zest and juice**, add **1 tablespoon oil** and **⅛ teaspoon sugar**; whisking to combine. Season to taste with **salt** and **pepper**.

6. Serve

Remove **whole thyme sprigs** from **roasted vegetables**. Divide **grain mixture** between bowls, then top with **roasted vegetables**, **shrimp**, and **remaining pepitas, chopped thyme, and feta**. Drizzle with **lemon vinaigrette**. Enjoy!