

Chimichurri Shrimp with Grilled Vegetables

This flavorful dish makes a delicious meal. For a quick appetizer, skip the farro and transform your shrimp & veggies into kabobs!

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	MIN	MIN

INGREDIENTS

For the Farro:

1 cup Farro, pearled, rinsed

For the Shrimp:

1/3 cup Chimichurri (see separate recipe)

1 lb Shrimp, peeled, deveined

For the Grilled Vegetables:

2 each Red Bell Pepper, cut into planks

1 bunch Asparagus, trimmed

1 medium Red Onion, ends trimmed and cut into 1-inch rounds

1 Tbsp Olive Oil, divided

1/4 tsp Kosher Salt

To Taste Black Pepper, ground

CHEF'S NOTES

Chimichurri is a traditional sauce found in Argentinian and Uruguayan cuisine used as a condiment to many dishes. It's typically a blend of fresh herbs, garlic, and acid such as lime juice or vinegar. It is a brightly colored green sauce that is full of flavor. It makes a great addition to fish and seafood, grilled meats or chicken, vegetables, and tacos!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat a grill to medium-high heat. Fill a shallow pan with water and soak wooden skewers for 20 minutes or use metal skewers.
2. *For the Farro:* Fill a medium pot with 1 quart of water and bring to a boil. Once boiling, add the farro, reduce the heat to a simmer, and cook until the farro is tender and chewy, about 15-20 minutes. Drain the farro, then spread onto a large plate or sheet pan to cool.
3. *For the Shrimp:* Toss the shrimp with 1/3 cup of chimichurri and marinate for about 5 minutes. Thread the shrimp onto the skewers by piercing through each shrimp twice (once closer to the head and once closer to the tail) to create a "C" shape. Make sure the shrimp are not touching each other to ensure even cooking.
4. *For the Grilled Vegetables:* In a medium mixing bowl, toss the red pepper planks and asparagus with 1/2 of the olive oil, salt, and pepper. Rub the onion with the remaining olive oil, salt, and pepper, keeping the layers intact.

- Place the skewered shrimp on preheated grill. Grill the shrimp until they turn pink and are fully opaque in the center, about 2-3 minutes on each side. Remove the shrimp from the grill once fully cooked and set aside (keeping warm).
- Place the peppers, asparagus, and onion rounds on the grill. Grill the vegetables until they soften and develop grill marks, about 5 minutes on each side. When the vegetables are done, remove from the grill and allow to cool slightly. Slice the bell peppers into thin strips. Cut the onion rounds into quarters. Cut the asparagus into 2-inch pieces.
- Divide farro evenly among 4 bowls, followed by the vegetables, then the shrimp. Top each bowl with and additional chimichurri sauce, as desired.

Nutrition Facts	
4 servings per container	
Serving Size	4oz shrimp, 1cup veg, 1/2cup farro (406 g)
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 1.5g	8%
<i>Trans Fat 0g</i>	
Cholesterol 180mg	60%
Sodium 350mg	15%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	15%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 27g	54%
Vitamin D 0mcg	0%
Calcium 100mg	7%
Iron 3mg	19%
Potassium 600mg	14%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe adapted from Health meets Food “Chimichurri Shrimp with Grilled Vegetables and Couscous” (6/9/19)

