

**LE  
19**

30 YEARS

# LEMON GARLIC SHRIMP & FARRO BOWLS



Farro is a hearty, chewy grain with a lovely nutty flavour. Grain bowls make dinner easy and this one is perfect with a crisp glass of Pecorino Pinot Grigio.

Yield: 4 servings

## INGREDIENTS:

- 1 ½ cups dry farro
- 3 tbsp olive oil, divided
- 1 tbsp minced garlic
- 1 tbsp finely grated lemon zest and lemon juice
- 1 tsp dried oregano
- Pinch hot pepper flakes
- 1 lb large shrimp, thawed and peeled, tails removed
- 1 bunch kale, stemmed and torn (about 8 cups)
- Salt and pepper
- 1 ½ cups grape tomatoes, halved
- Crumbled feta cheese and quartered black olives (optional)

## METHOD:

- Cook farro in a large pot of boiling salted water according to package directions or until tender. Drain well.
- Meanwhile, whisk 2 tbsp olive oil with garlic, lemon zest, lemon juice, oregano and hot pepper flakes. Add shrimp and toss to coat.
- Heat remaining oil in a large skillet over medium heat. Add kale; cover for 1 minute. Season with salt and pepper. Cook, stirring often, until wilted. Remove to bowl and reserve.
- Increase heat to medium-high. Add shrimp with marinade and cook, stirring often, for 2 to 3 minutes or until shrimp are pink. Add tomatoes and cook for 1 minute to warm slightly. Return kale to skillet; toss to coat.
- Divide hot farro between serving bowls. Top with skillet shrimp mixture. Garnish with feta and olives to taste.

**TIP:** Replace farro with 3 cups of another grain such as hot cooked barley, brown rice or quinoa.

**PAIR WITH: LE19 PECORINO PINOT GRIGIO**

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