



**In your box**

- ¼ oz. White Balsamic Vinegar
- 1 Shallot
- ½ cup Semi-Pearled Farro
- 4 fl. oz. Cream Sauce Base
- 4 oz. Broccolini
- ½ oz. Grated Parmesan
- 2 Roma Tomatoes

**Customize It Options**

- 10 oz. Ahi Tuna Steaks
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

\*Contains: milk, wheat

**You will need**

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan, Medium Pot, Small Pot, Wire-Mesh Strainer

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Culinary Collection



# Ahi Tuna Toscana and Creamy Parmesan Farro Risotto

with broccolini

NUTRITION per serving—Calories: 605, Carbohydrates: 47g, Sugar: 7g, Fiber: 8g, Protein: 48g, Sodium: 1148mg, Fat: 25g, Saturated Fat: 11g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time  
**50-60 min.**

Cook Within  
**3 days**

Difficulty Level  
**Intermediate**

Spice Level  
**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **Parmesan**

## Customize It Instructions

- If using **chicken breasts**, follow same instructions as tuna in Steps 2 and 5, cooking until chicken reaches minimum internal temperature, 5-7 minutes per side.
- If using **ribeye**, follow same instructions as tuna in Steps 2 and 5, cooking undisturbed until browned and steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as tuna in Step 5, cooking, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.



### 1. Start the Farro Risotto

- Bring a medium pot with **farro**, 1 cup **water**, and ¼ tsp. **salt** to a boil.
- Reduce to a simmer, cover, and cook until tender, 18-22 minutes.
- Drain farro in a wire-mesh strainer (there may not be any excess water). Set aside. Reserve pot; no need to wipe clean.
- While farro cooks, prepare ingredients.



### 2. Prepare the Ingredients

- Trim bottom ends from **broccolini** and cut into 2" lengths.
- Core **tomatoes** and cut into ½" dice.
- Peel and mince **shallot**.
- Pat **tuna** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



### 3. Make the Sauce

- Place a small pot over medium-high heat and add 2 tsp. **olive oil** and **shallot** to hot pot. Stir often until softened and beginning to brown, 3-5 minutes.
- Add **tomatoes** and stir often until tender and juices are released, 5-7 minutes.
- Add 2 Tbsp. **water**, **white balsamic vinegar**, and a pinch of **salt**. Bring to a simmer.
- Once simmering, reduce heat to medium-low and stir occasionally, 1 minute.
- If too dry, add additional water, 1 Tbsp. at a time, until desired consistency is reached. Remove from burner and cover.
- While sauce cooks, make farro risotto.



### 4. Finish the Farro Risotto

- Return pot used to cook farro to medium heat and add 1 tsp. **olive oil**. Add **broccolini** and 2 Tbsp. **water** to hot pot. Cover, and stir occasionally until tender, 5-7 minutes.
- Uncover and reduce heat to medium-low. Add **farro** and **cream base**. Bring to a simmer.
- One simmering, stir occasionally until combined and creamy, 2-3 minutes.
- If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached. Remove from burner. Add half the **Parmesan** (reserve remaining for garnish). Cover and set aside.



### 5. Sear Tuna and Finish Dish

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **tuna** to hot pan and cook until tuna reaches a minimum internal temperature of 145 degrees, 4-5 minutes per side. Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.
- Plate dish as pictured on front of card, slicing tuna into ½" slices, if desired, and topping **farro risotto** with tuna, **sauce**, and remaining **Parmesan**. Bon appétit!