



Cooking Made Easy

hellofresh.com | hello@hellofresh.com



MAR 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [v](#)  
You'll be entered into our weekly photo contest!

## Crispy Sunchoke Salad

with Kale, Mushrooms & Farro



If you've never tried sunchokes, hold onto your hat. Crispy, nutty sunchokes are this salad's pièce de résistance. Creamy goat cheese and crunchy pepitas complete the texture spectrum in this hearty kale and farro salad.



35 min



level 1



veggie



nut free



Farro



Sunchokes



Button Mushrooms



Goat Cheese



Onion



Pepitas



Garlic



Parsley



White Wine Vinegar



Tuscan Kale

Ingredients	2 People	4 People
Farro	1) ¾ C	1 ½ C
Sunchokes	6 oz	12 oz
Tuscan Kale	1 bunch	2 bunches
Button Mushrooms	4 oz	8 oz
White Wine Vinegar	2 T	4 T
Goat Cheese	2) 2 oz	4 oz
Garlic	2 cloves	4 cloves
Pepitas	1 oz	2 oz
Parsley	1 bunch	2 bunches
Onion	1	2
Olive Oil*	2 ½ T	5 T

\*Not Included

### Allergens

- 1) Wheat
- 2) Milk

### Tools

Medium Pot, Baking Sheet, Strainer, Large Pan, Medium Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 686 cal | Carbs: 78 g | Fat: 31 g | Protein: 26 g | Fiber: 11 g



**1** Preheat oven to 425 degrees. Add **farro**, 3 cups **water**, and a pinch of **salt** to a medium pot. Bring to a boil, then reduce to a simmer for 30-35 minutes, until farro is tender. Drain any excess water.



**2** Meanwhile, thinly slice the **garlic**. Slice the **mushrooms**. Chop the **parsley**. Halve, peel, and thinly slice the **onion**. Thoroughly wash the **sunchokes**, then thinly slice into ¼-inch rounds. Remove and discard the tough stems and ribs from the **kale**, then thinly slice.



**3** Toss the **sunchokes** on a baking sheet with ½ tablespoon **olive oil**, **salt**, and **pepper**. Place in the oven for 20 minutes, until golden brown.



**4** Meanwhile, heat 1 teaspoon **olive oil** in a large pan over medium-high heat. Add **mushrooms** and cook, tossing, for 5 minutes, until golden brown. Season with **salt** and **pepper**. Set aside.



**5** In the same pan, heat another 2 teaspoons **olive oil** over medium heat. Add the **onion** and cook, tossing, for 5 minutes, until soft. Season with **salt** and **pepper**.



**6** Add the **sliced kale** and **garlic** to the pan with the softened onions and toss until wilted, adding a splash of **water** if necessary. Season with **salt** and **pepper**.



**7** In a medium bowl, whisk together 1 tablespoon **white wine vinegar**, 1 tablespoon **olive oil**, and a pinch of **salt** and **pepper**. Reserve half the dressing and set aside. Toss **remaining dressing** with the **warm farro** and **chopped parsley**.



**8** Top the **farro** with the **sautéed kale mixture**, **mushrooms**, and **sunchokes**, then drizzle with **remaining dressing**. Sprinkle with **pepitas** and **goat cheese** and enjoy!

## Did You Know?

Never tried sunchokes? They're also known by the name Jerusalem Artichokes, which are the bulb of sunflower plants. They have a great starchy texture and similar flavor to sunflower seeds!