



Cooking Made Easy

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Roasted Carrot & Avocado Salad

with Farro & Arugula



In this salad, we're roasting humble carrots with garlic, cumin, and thyme until they're fragrant and caramelized. Tossed with nutty farro, peppery arugula, and creamy avocado, contrast is the name of the game. The surprising combination of floral lemon zest and smoky cumin make for an unexpectedly delicious salad dressing.



45 min



level 1



veggie



nut free



Carrot



Thyme



Garlic



Sour Cream



Arugula



Stock Concentrate



Avocado



Cumin



Farro



Lemon



Pepitas

Ingredients	2 People	4 People
Carrot	2	4
Farro	1) $\frac{3}{4}$	1 $\frac{1}{2}$ C
Lemon	1	2
Pepitas	1 oz	2 oz
Stock Concentrate	1	2
Avocado	1	2
Cumin	1 t	2 t
Arugula	2 oz	4 oz
Sour Cream	2) 2 T	4 T
Garlic	2 cloves	4 cloves
Thyme	1 sprig	2 sprigs
Olive Oil*	3 $\frac{1}{2}$ T	7 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Medium Pot, Strainer, Zester, Peeler, Whisk, Large Bowl, Small Bowl

Ruler

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Nutrition per person Calories: 746 cal | Carbs: 74 g | Fat: 44 g | Protein: 19 g | Fiber: 15 g



1 Preheat oven to 400 degrees. In a medium pot, bring 2 $\frac{1}{2}$ cups **water** to a boil with the **farro**, **stock concentrate** and a large pinch of **salt**. Once boiling, reduce to a simmer and cook for 35-40 minutes, until al dente. Drain, rinse with cold water, and set aside.



2 Meanwhile, peel the **carrots**, quarter lengthwise, then cut into 4-inch spears. Strip the **thyme leaves** off the sprig, then roughly chop. Mince or grate the **garlic**. Zest and juice the **lemon**.



3 Toss the **carrots** on a baking sheet with $\frac{1}{2}$ tablespoon **olive oil**, **half the cumin**, the **garlic**, and **half the thyme**. Season with **salt** and **pepper** and place in oven to cook for 20 minutes, until caramelized. Set aside.



4 While the carrots and farro cook, make the vinaigrette. In a large bowl, whisk 2 tablespoons **lemon juice** with 3 tablespoons **olive oil**, the **lemon zest**, and the **remaining cumin and thyme**. Season with **salt** and **pepper**. Set aside.

5 In another small bowl, stir 1 tablespoon of the vinaigrette into the **sour cream** and season with **salt** and **pepper**. Peel, pit, and thinly slice the **avocado**.

6 Toss the **farro** into the **remaining vinaigrette** along with the **roasted carrots**, **arugula**, and **avocado**. Sprinkle with the **pepitas** and dollop with the **sour cream mixture**. Enjoy!