



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Microwavable
Grain Blend
Contains: Wheat



2 | 4

Veggie Stock
Concentrates



4 oz | 8 oz

Grape Tomatoes



4 oz | 8 oz

Fresh Mozzarella
Contains: Milk



5 tsp | 10 tsp

Balsamic Vinegar



2 TBSP | 2 TBSP

Mayonnaise
Contains: Eggs



2 tsp | 2 tsp

Dijon Mustard



2 oz | 4 oz

Arugula



½ oz | 1 oz

Sliced Almonds
Contains: Tree Nuts

FRESH MOZZ & TOMATO CAPRESE GRAIN BOWLS

with Arugula, Creamy Balsamic Dressing & Almonds



 **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 790



BUST OUT

- Large bowl
- Small bowl
- Whisk
- Olive oil (¼ Cup | ½ Cup)
- Sugar (¼ tsp | ½ tsp)
- Kosher salt
- Black pepper

THE GRAIN EVENT

Our grain blend is a combo of colorful rices and other grains, like bulgur and barley. Massaging the bag a bit before microwaving helps separate the grains for more even heating.

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663 | hello@hellofresh.com

[HelloFresh.com](https://www.hellofresh.com)

FRESH MOZZ & TOMATO CAPRESE GRAIN BOWLS

with Arugula, Creamy Balsamic Dressing & Almonds

INSTRUCTIONS

- **Wash and dry produce.**
- Massage **grain blend** in package; partially open top. Microwave until heated through, 1½-2 minutes. Transfer to a large bowl and stir in **stock concentrates, salt, and pepper**; let cool. **TIP: For faster cooling, transfer bowl to fridge.**
- Dice **mozzarella** into ½-inch pieces. Halve **tomatoes**.
- In a small bowl, whisk together **vinegar, half the mayonnaise, half the mustard, and ¼ tsp sugar** until well combined. (For 4 servings, use all the **mayonnaise, all the mustard, and ½ tsp sugar.**) Gradually whisk in ¼ cup **olive oil (½ cup for 4)** until creamy. Season with **salt and pepper**.
- To bowl with **grain blend**, add **arugula, half the mozzarella, half the tomatoes**, and as much **dressing** as you like; toss to combine.
- Divide **grain salad** between bowls; top with **almonds, remaining mozzarella, and remaining tomatoes**. Drizzle with any **remaining dressing** and serve.