



BUTTERNUT SQUASH FARROTTO

with Parmesan & Sage

NEW!

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



8 oz | 16 oz
Butternut Squash



1 | 2
Yellow Onion



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Sage



2 | 4
Mushroom Stock Concentrates



1 oz | 2 oz
Cheese Roux Concentrate
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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10 oz | 20 oz
Chicken Breast Strips

Calories: 790



9 oz | 18 oz
Italian Chicken Sausage Mix

Calories: 860



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 600



HELLO FRESH

HELLO

FARROTTO

In this twist on risotto, traditional arborio rice is swapped for nutrient-dense farro.

WAVES OF GRAIN

Farro is a nutritious, delightfully hearty grain, so you won't be cooking it to the tenderness of a typical risotto. Instead, aim for a chewy texture (almost like al dente pasta).

BUST OUT

- Medium pot
- Large pan
- Baking sheet
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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*Chicken is fully cooked when internal temperature reaches 165°.

*Chicken Sausage is fully cooked when internal temperature reaches 165°.



1 COOK FARRO

- Adjust rack to top position and preheat oven to 425 degrees.
- In a medium pot (**large pot for 4 servings**), combine **farro**, **3½ cups water** (6 cups for 4), and a **big pinch of salt**. Bring to a boil and cook until farro is tender, 25-30 minutes. **TIP: If you end up with any excess water, simply pour it out. Alternatively, if water evaporates before farro is done, add a splash of water.**



4 COOK ONION

- Heat a **drizzle of olive oil** in a large pan over medium heat. Add **onion** and a **big pinch of salt**. Cook, stirring, until onion is softened, 3-5 minutes (**reduce heat to medium low if onion begins to brown**).
- Stir in **garlic** and **chopped sage** (**add another drizzle of olive oil if pan seems dry**). Cook, stirring, until fragrant, 1-2 minutes.

- Use pan used for chicken or sausage here.



2 COOK SQUASH

- **Wash and dry produce.**
- Cut **squash** into bite-size pieces. Toss on a baking sheet with a **drizzle of oil, salt,** and **pepper.**
- Roast on top rack, tossing halfway through, until browned and tender, 20-25 minutes.



5 MAKE FARROTTO

- Once farro and squash are done, stir cooked **farro** and **half the squash** into pan with **onion**.
- Increase heat under pan to medium high. Stir in **stock concentrates, cheese roux,** and **½ cup water** (¾ cup for 4 servings). Cook, stirring, until thickened, 1-2 minutes.
- Remove pan from heat. Stir in **cream cheese, sour cream, half the Parmesan,** and **1 TBSP butter** (2 TBSP for 4). (**Add a splash of water if farrotto seems too thick.**) Season with **salt** and **pepper.**



3 PREP

- Meanwhile, halve, peel and finely chop **onion**. Peel and mince or grate **garlic**. Pick **sage leaves** from stems; thinly slice half the leaves and finely chop remaining half.

- Pat **chicken*** dry with paper towels; cut into bite-size pieces if necessary. Season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



6 SERVE

- Divide **farrotto** between bowls. Top with **remaining squash, remaining Parmesan,** and as much **sliced sage** as you like. Serve.

- Serve **chicken** or **sausage** atop farrotto.

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