



HALL OF FAME

GORGEOUS GREENS FARRO BOWL

with Roasted Zucchini and Asparagus



HELLO HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 15 MIN | **TOTAL: 40 MIN** | **CALORIES: 650**



START STRONG

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.

BUST OUT

- Medium pot
- Zester
- Baking sheet
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Strainer

INGREDIENTS

Ingredient 2-person | 4-person

- Farro ¾ Cup | 1½ Cups
- Veggie Stock Concentrates 2 | 4
- Asparagus 8 oz | 16 oz
- Zucchini 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Yellow Onion 1 | 2
- Lemon 1 | 1
- Parmesan Cheese ¼ Cup | ½ Cup
- Walnuts 1 oz | 2 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



1 COOK FARRO

Adjust rack to middle position and preheat oven to 450 degrees. Combine **farro**, **stock concentrates**, and **3½ cups water** in a medium pot. Bring to a boil and cook until farro is tender, 25-30 minutes total. **TIP:** If water evaporates before farro is done, add a splash more.



4 COOK AROMATICS

Meanwhile, heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **onion** and cook, stirring frequently, until soft and translucent, 3-4 minutes. Add **garlic** and cook, stirring, until fragrant, about 1 minute.



2 PREP

Meanwhile, **wash and dry all produce**. Trim and discard woody bottom ends from **asparagus**. Cut off tips and set aside. Chop stalks into ½-inch pieces. Slice **zucchini** into thin rounds. Mince or grate **garlic**. Halve, peel, and finely dice **onion**. Zest, then halve **lemon**; cut one half into wedges.



5 FINISH FARRO

About 5 minutes before **farro** is done, stir **asparagus stalks** into pot (grains should be just shy of al dente). Drain once both are tender, then add to pan with **onion** and **garlic**. Stir in half the **lemon zest**, juice from **lemon half**, half the **Parmesan**, and **1 TBSP butter**. Season with **salt** and **pepper**.



3 ROAST VEGGIES

Toss **asparagus tips**, **zucchini**, and a large drizzle of **olive oil** on a baking sheet. Season generously with **salt** and **pepper**. Roast, tossing halfway through, until browned, 15-20 minutes.



6 PLATE AND SERVE

Divide **farro mixture** between bowls. Top with **zucchini** and **asparagus tips**. Sprinkle with **walnuts** and remaining **Parmesan** and **lemon zest**. Serve with **lemon wedges** on the side.

FAR OUT!

Wholesome grains and green veggies make this one bodacious bowl.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com