



GORGEOUS GREENS FARRO BOWLS

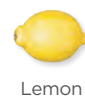
with Roasted Zucchini & Asparagus



HELLO FARRO

This ancient grain has a nutty flavor and addictively chewy texture.

PREP: 15 MIN | **TOTAL: 40 MIN** | **CALORIES: 490**



START STRONG

If you have an extra minute, toast your walnuts in a dry pan over medium heat. This brings out their natural oils (or nuttiness, if you will).

BUST OUT

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

INGREDIENTS

Ingredient **2-person** | **4-person**

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



1 COOK FARRO

Adjust rack to middle position and preheat oven to 450 degrees. Combine **farro**, **stock concentrates**, and **3½ cups water** (6 cups for 4 servings) in a medium pot. Bring to a boil and cook until farro is tender, 25-30 minutes total. **TIP:** If you end up with any excess stock, simply pour it out. Alternatively, if stock evaporates before farro is done, add a splash of water.



4 COOK ONION & GARLIC

While veggies roast, heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **onion** and cook, stirring frequently, until softened and translucent, 3-4 minutes. Add **garlic** and cook, stirring, until fragrant, 30 seconds.



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. Trim and thinly slice **zucchini** into rounds. Halve, peel, and finely dice **onion**. Peel and mince or grate **garlic**. Zest and halve **lemon**; cut one half into wedges.



5 FINISH FARRO

When **farro** has 5 minutes left (grains should be just shy of al dente), stir chopped **asparagus stalks** into pot. Once everything is tender, drain farro and asparagus, then add to pan with **onion** and **garlic**. Stir in half the **lemon zest**, juice from **lemon half**, half the **Parmesan** (save the rest for serving), and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**.



3 ROAST VEGGIES

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



6 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.

GO GREEN

Happen to have any tender herbs (say, some parsley, basil, or chives) on hand? Chop up a handful and sprinkle over your finished dish.



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