



INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



2 | 4
Scallions



1 | 2
Lemon



3 Cloves | 6 Cloves
Garlic



4 oz | 8 oz
Kale



4 oz | 8 oz
Grape Tomatoes



2 | 4
Eggs
Contains: Eggs



2 | 4
Veggie Stock
Concentrates



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



4 TBSP | 8 TBSP
Guacamole



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HELLO

FARRO

A nutrient-rich ancient grain that's
nutty and satisfyingly chewy

KALE & FARRO BOWLS WITH A FRIED EGG

with Tomatoes, Guacamole, Feta & Scallion Chimichurri



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 720



KALED IT!

Separate kale from stems by gripping bottom stem in one hand, gathering leaves in the other and stripping leaves down the stem away from you. Voilà!

BUST OUT

- Medium pot
- Small bowl
- Strainer
- Large pan
- Kosher salt
- Black pepper
- Olive oil (8 tsp | 11 tsp)
- Cooking oil (1 TBSP | 1 TBSP)

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*Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness.



1 COOK FARRO

- In a medium pot, combine **farro**, **4 cups water (8 cups water for 4 servings)**, and a **big pinch of salt**. Bring to a boil and cook until farro is tender, 25-30 minutes. Drain farro and return to pot; cover to keep warm.
TIP: If the water evaporates before farro is done, add a splash of water.



4 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **kale**; season with **salt** and **pepper**. Cook, stirring occasionally, until mostly tender, 3-5 minutes.
- Add **remaining garlic** and **2 TBSP water**. Cook, stirring occasionally, until kale is tender, 1-2 minutes. Transfer to a plate and set aside.
- Heat another **drizzle of oil** in same pan over high heat. Add **tomatoes** and cook, undisturbed, until lightly charred, 1-2 minutes. Stir and cook until tender, 1-2 minutes more. Season with **salt** and **pepper**; transfer to a plate.
- Turn off heat; wipe out pan. Let cool slightly.



2 PREP

- Meanwhile, **wash and dry produce**.
- Trim and finely chop **scallions**. Quarter **lemon**. Peel and mince **garlic**. Remove and discard any large stems from **kale**; chop into bite-size pieces.



5 COOK EGGS

- About 5 minutes before farro is done, heat a **drizzle of oil** in pan used for veggies over medium heat. Once hot, crack **eggs*** into pan and cover. (**TIP: Depending on the size of your pan, you may need to work in batches.**) Fry eggs to preference. Season with **salt** and **pepper**.



3 MAKE CHIMICHURRI

- In a small bowl, combine **scallions**, **2 TBSP olive oil (3 TBSP for 4 servings)**, a **squeeze of lemon juice**, and a **pinch of garlic (you'll use the rest in the next step)**. Season with **salt** and **pepper**. Taste and add more lemon juice or garlic if desired.



6 FINISH & SERVE

- To pot with **drained farro**, stir in **kale**, **stock concentrates**, and a **large drizzle of olive oil**. Taste and season with **salt** and **pepper**.
- Divide **farro mixture** between bowls. Top with **eggs**, **tomatoes**, **guacamole**, **feta**, and **chimichurri** in separate sections. Serve with any **remaining lemon wedges** on the side.