



# ROASTED VEGGIE CAPRESE BOWLS

with Farro & Balsamic Vinaigrette

HelloFRESH × Lea Michele



## HELLO FARRO

Full of nutty flavor, this ancient grain is perfect for absorbing a tangy vinaigrette.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 650



LEA MICHELE'S FAVE



## START STRONG

For extra nutty flavor, try toasting your farro for a few minutes in the dry pot before adding stock concentrates and water in step 1.

## BUST OUT

- Medium pot
- Whisk
- Aluminum foil
- Kosher salt
- Baking sheet
- Black pepper
- Small pan
- 2 Small bowls
- Olive oil (4 tsp | 4 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- |                             |                 |
|-----------------------------|-----------------|
| • Farro                     | 1 Cup   1½ Cups |
| • Veggie Stock Concentrates | 2   4           |
| • Zucchini                  | 1   2           |
| • Roma Tomato               | 1   2           |
| • Red Onion                 | 1   2           |
| • Fresh Mozzarella          | 4 oz   8 oz     |
| • Basil                     | ½ oz   1 oz     |
| • Balsamic Vinegar          | 5 tsp   10 tsp  |
| • Italian Seasoning         | 1 tsp   2 tsp   |
| • Sliced Almonds            | ½ oz   1 oz     |



## 1 COOK FARRO

Preheat oven to 450 degrees. In a medium pot, combine **farro**, **stock concentrates**, and **3½ cups water** (6 cups for 4 servings). 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 ROAST VEGGIES & TOAST ALMONDS

On empty side of same sheet, toss **tomato** and **zucchini** with a drizzle of **olive oil**, **salt**, **pepper**, and **Italian Seasoning**. (For 4 servings, add tomato and zucchini to a second sheet; roast on middle rack.) Roast on top rack until tomato and zucchini are browned and onion wedges are softened, 15-20 minutes. Meanwhile, heat a small, dry pan over medium-high heat. Add **almonds** and toast, stirring often, until fragrant and lightly browned, 3-4 minutes. Turn off heat; transfer to a small bowl.

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## 2 PREP

Meanwhile, **wash and dry all produce**. Trim **zucchini**; thinly slice into rounds. Cut **tomato** into 6 wedges. Halve and peel **onion**. Cut half into ½-inch-thick wedges; finely chop remaining onion. Dice **mozzarella** into ½-inch pieces. Pick **basil leaves** from stems. Finely chop half the leaves; tear remaining leaves into large pieces.



## 5 MAKE VINAIGRETTE & COOK ONION

In a second small bowl, whisk together remaining **vinegar** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Heat a drizzle of **oil** in pan used for almonds over medium-high heat. Add **chopped onion**; cook until softened, 4-5 minutes. Season with **salt** and **pepper**.



## 3 SEASON ONION

Place **onion wedges** in the center of a large piece of foil. Lift up and crimp sides of foil to make a bowl. Pour in half the **vinegar** (you'll use the rest later) and a drizzle of **olive oil**. Season with **salt** and **pepper**. Place on one side of a baking sheet.



## 6 FINISH FARRO & ASSEMBLE BOWLS

Once **farro** is tender, drain any excess water. Stir in cooked **chopped onion**, **chopped basil**, half the **mozzarella**, and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**. Divide farro between bowls. Top with **roasted veggies** and remaining mozzarella. Drizzle with **vinaigrette** and sprinkle with **almonds** and **torn basil**. Serve.

## EASY PEASY

Have a lemon on hand? Squeeze(y) a bit into your finished farro for a bright bite.

