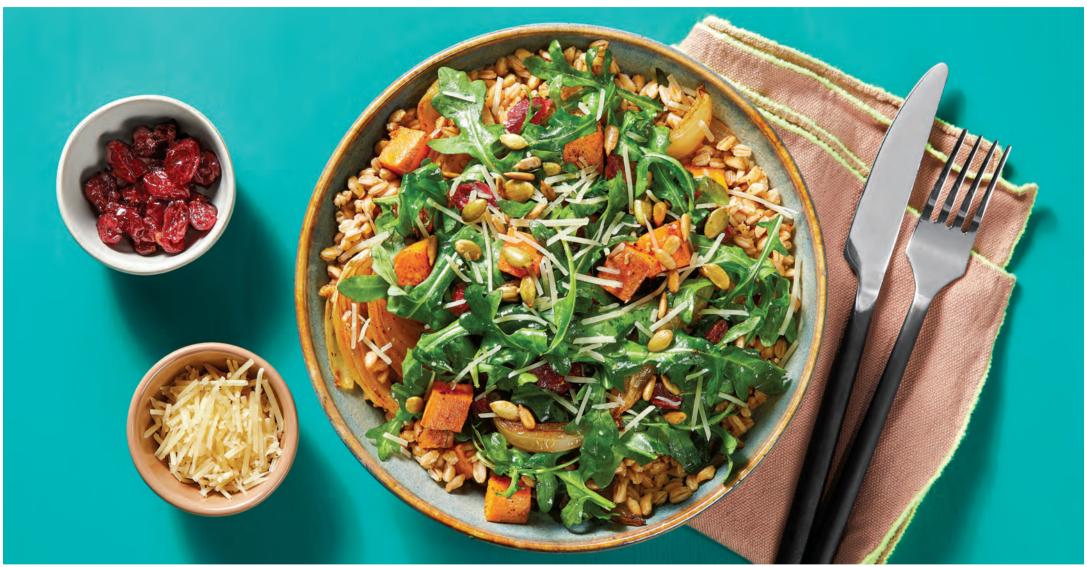


ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries & Salsa Verde Sunflower Pepitas





HELLO -

Jarmer Owned Delicious Ocean Spray® Craisins® Dried Cranberries are made with 100% North American Cranberries and add mighty flavor to all your favorite recipes!



Farro

(Contains: Wheat)

Veggie Stock



Yellow Onion



Chili Powder

Lemon



Ocean Spray® Craisins® Parmesan Cheese Dried Cranberries



Arugula



(Contains: Milk)



Salsa Verde Sunflower Pepitas (Contains: Milk)

PREP: 5 MIN

TOTAL: 40 MIN CALORIES: 750

Concentrate

Sweet Potatoes

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START STRONG

Give the dried cranberries time to marinate in step 3—it's absolutely worth the wait. Not only will their texture turn soft and velvety, the berry-infused marinade will make a delicious base for your salad dressing

BUST OUT

- · Baking sheet
- Small bowl
- Medium pot
- Whisk
- 2 Large bowls Kosher salt

Farro

- Black pepper
- Zester
- Vegetable oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- 1|2 Veggie Stock Concentrate
- Yellow Onion 1 | 2
- Sweet Potatoes 2 | 4
- Chili Powder 1 tsp | 2 tsp
- Lemon 1 | 2
- Ocean Spray® Craisins® 1.16 oz | 2.32 oz **Dried Cranberries**
- Arugula 2 oz | 4 oz
- Parmesan Cheese
- 14 Cup | 1/2 Cup

3/4 Cup | 11/2 Cups

 Salsa Verde Sunflower ½ oz | 1 oz Pepitas



COOK FARRO

Place a lightly **oiled** baking sheet on top rack and preheat oven to 425 degrees. In a medium pot, combine farro, stock concentrate, and 31/2 cups water (6 cups for 4 servings). Boil until farro is tender, 25-30 minutes. 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.



MAKE DRESSING Once **cranberries** are marinated. transfer lemon juice marinade to a second large bowl (leaving cranberries in small bowl). Whisk 1 TBSP olive oil (2 TBSP for 4 servings) into bowl with marinade: taste and season with **salt** and **pepper**.



PREP & ROAST VEGGIES Meanwhile, wash and dry all **produce**. Halve, peel, and slice **onion** into 1-inch-thick wedges. Dice sweet potatoes into 1/2-inch pieces. Toss veggies in a large bowl with a large drizzle of oil, chili powder, salt, and pepper. Carefully spread out on preheated baking sheet. Roast until browned and tender, 20-25 minutes.



MARINATE CRANBERRIES While veggies roast, zest and quarter lemon (zest 1 lemon; quarter both for 4 servings). In a small bowl, combine juice from 2 lemon wedges (4 wedges for 4) and 1 tsp sugar (2 tsp for 4). Stir in **cranberries**. Let marinate, stirring occasionally, at least 15 minutes.



FINISH FARRO & MAKE SALAD

Stir 2 TBSP butter (4 TBSP for 4 servings), half the roasted veggies, and half the **dressing** into pot with **farro**. Season with **salt** and **pepper**. To bowl with remaining dressing, add arugula, cranberries, and remaining roasted veggies; toss to coat. Season with salt and **pepper**.



Divide farro mixture between bowls. Top with salad. Sprinkle with Parmesan, pepitas, and as much lemon zest as you like. Serve with remaining lemon wedges on the side.

LET IT LINGER

Love the tangy marinated cranberries? Try making them again for topping yogurt or oatmeal.

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