



# ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries & Salsa Verde Sunflower Pepitas

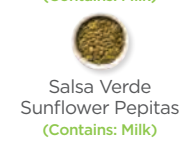


## HELLO



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

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 760





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

## INGREDIENTS

Ingredient 2-person | 4-person

- Farro ¾ Cup | 1½ Cups
- Veggie Stock Concentrate 1 | 2
- 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 ¼ Cup | ½ Cup
- Salsa Verde ½ oz | 1 oz
- Sunflower Pepitas



## 1 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 3½ 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.



## 4 MAKE DRESSING

Once **cranberries** are marinated, transfer **lemon juice marinade** to a second large bowl (leave 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**.



## 2 PREP & ROAST VEGGIES

Meanwhile, **wash and dry all produce**. Halve, peel, and slice **onion** into 1-inch-thick wedges. Dice **sweet potatoes** into ½-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 on top rack until browned and tender, 20-25 minutes.



## 5 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**.



## 3 MARINATE CRANBERRIES

While veggies roast, zest and quarter **lemon** (for 4 servings, zest 1 lemon; quarter both). 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.



## 6 SERVE

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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