



# ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries & Salsa Verde Sunflower Pepitas

## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
Farro  
Contains: Wheat



**1 | 2**  
Veggie Stock  
Concentrate



**1 | 2**  
Yellow Onion



**2 | 4**  
Sweet Potatoes



**1 tsp | 2 tsp**  
Chili Powder



**1 | 2**  
Lemon



**1.16 oz | 2.32 oz**  
Ocean Spray®  
Craisins® Dried  
Cranberries



**2 oz | 4 oz**  
Arugula



**¼ Cup | ½ Cup**  
Parmesan Cheese  
Contains: Milk



**½ oz | 1 oz**  
Salsa Verde  
Sunflower Pepitas  
Contains: Milk

## HELLO

### FARRO

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



**PREP: 5 MIN | COOK: 40 MIN | CALORIES: 760**



### OCEAN SPRAY® CRAISINS® DRIED CRANBERRIES

Ocean Spray® Craisins® Dried Cranberries are made from sustainably grown cranberries and are supercharged with antioxidants.



### LET IT LINGER

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
- Medium pot
- 2 Large bowls
- Zester
- Small bowl
- Whisk
- Kosher salt
- 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

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### 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)**. Bring to a boil and cook 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.