

# **INGREDIENTS**

2 PERSON | 4 PERSON



Farro Contains: Wheat



Yellow Onion



1 | 1

1 tsp | 2 tsp Chili Powder



**Dried Cranberries** 



¼ Cup | ½ Cup Parmesan Cheese Contains: Milk



Veggie Stock Concentrate

Lemon



2 oz | 4 oz Arugula



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

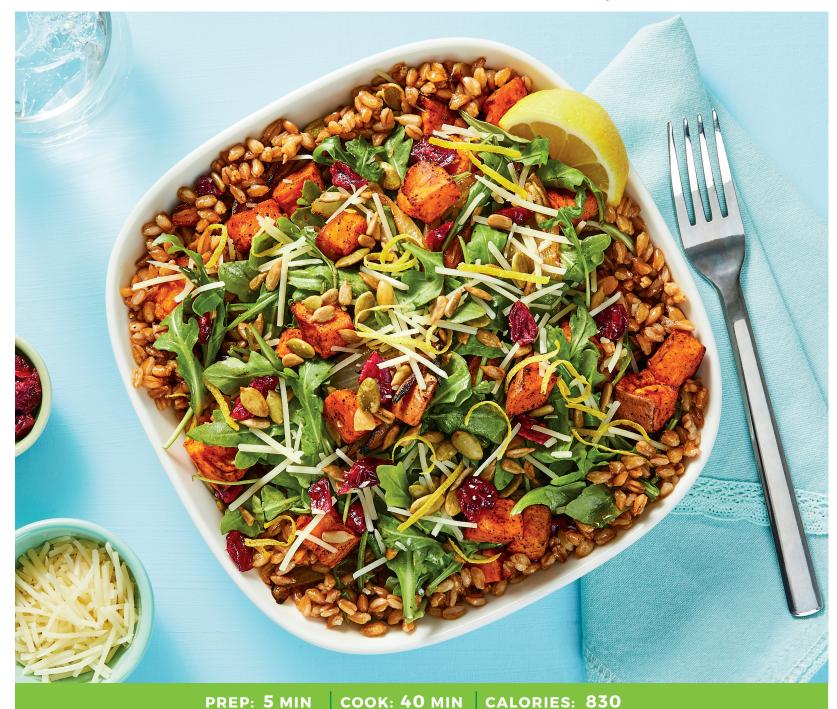
# **HELLO**

## **FARRO**

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

# **ROASTED VEGGIE FARRO BOWLS**

with Marinated Cranberries & Salsa Verde Sunflower Pepitas





#### **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
- Cooking 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.



## **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.



## **3 MARINATE CRANBERRIES**

- While veggies roast, zest and quarter lemon.
- In a small bowl, combine juice from half the lemon and 1 tsp sugar (whole lemon and 2 tsp sugar for 4 servings). Stir in cranberries. Let marinate, stirring occasionally, at least 15 minutes.



## **4 MAKE DRESSING**

 Once cranberries have 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.



## **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.



## **6 SERVE**

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