

INGREDIENTS

2 PERSON | 4 PERSON



% Cup | 1½ Cups Farro Contains: Wheat



1 | 2 Yellow Onion



1 tsp | 2 tsp Chili Powder



1 oz | 2 oz Dried Cranberries



¼ Cup | ½ Cup Parmesan Cheese Contains: Milk



1 | 2 Veggie Stock Concentrate



2 | 4 Sweet Potatoes



1 | 2 Lemon



2 oz | 4 oz Arugula



⅓ oz | 1 ozSalsa Verde
Sunflower Pepitas
Contains: Milk

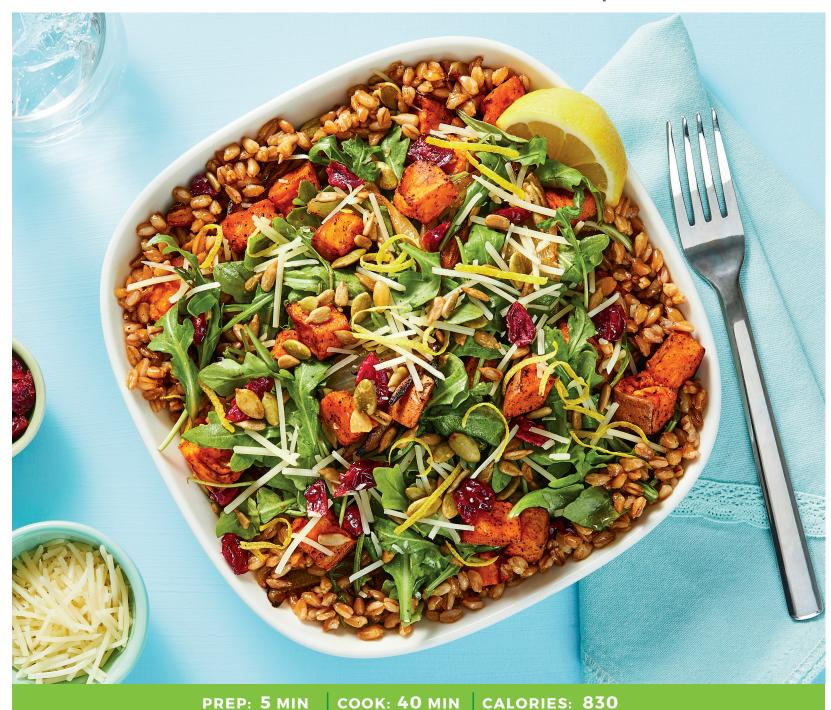
HELLO

FARRO

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

ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries & Salsa Verde Sunflower Pepitas



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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)

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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 31/2 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 produce.
- Halve, peel, and slice onion into 1-inch-thick wedges. Dice **sweet** potatoes into ½-inch pieces. In a large bowl, toss veggies 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** (for 4 servings, zest one lemon; quarter both).
- In a small bowl, combine juice from two lemon wedges (four wedges for 4) and 1 tsp sugar (2 tsp for 4). 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 (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.



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 remaining lemon wedges on the side.