



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 oz | 2 oz
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.

ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries & Salsa Verde Sunflower Pepitas



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 830



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

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663

[HelloFresh.com](https://www.hellofresh.com)



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** 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**.



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.



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 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.



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.