



SICILIAN FARRO CAPONATA

with Eggplant, Roasted Red Pepper, and Fresh Mozzarella



HELLO FARRO

An ancient grain that's rich in fiber

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 620



Farro
(Contains: Wheat)



Red Onion



Eggplant



Red Bell Pepper



Sherry Vinegar



Fresh Mozzarella
(Contains: Milk)



Basil



Sliced Almonds
(Contains: Tree Nuts)

START STRONG

Give the farro a taste before draining it from the pot. You want to make sure that it's reached a nicely al dente state—not too chewy, not too mushy.

BUST OUT

- Large pot
- Strainer
- Baking sheet
- Large pan
- Olive oil (2 TBSP | 4 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

• Farro	¾ Cup 1½ Cups
• Red Onion	1 1
• Eggplant	1 2
• Red Bell Pepper	1 2
• Sherry Vinegar	2 TBSP 4 TBSP
• Fresh Mozzarella	4 oz 8 oz
• Basil	½ oz ½ oz
• Sliced Almonds	1 oz 2 oz

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1 BOIL FARRO

Preheat oven to 425 degrees. Place **farro** in a large pot of **salted water**. Bring to a boil and cook until tender, 25-30 minutes. Drain.



4 COOK VEGGIES

Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add **bell pepper** and cook until just tender, 3-4 minutes, tossing. Add **onion** and cook until softened, another 4-5 minutes, tossing. Season with **salt** and **pepper**. Stir in **sherry vinegar** and cook until nearly evaporated, about 1 minute. Remove pan from heat.



2 PREP VEGGIES

Wash and dry all produce. Halve, peel, and thinly slice **onion**. Cut **eggplant** into ¾-inch cubes. Core, seed, and remove white ribs from **bell pepper**, then slice crosswise into thin strips.



5 PREP CHEESE AND HERBS

While veggies cook, cut **mozzarella** into ½-inch cubes. Pick **basil leaves** from stems. Discard stems and roughly chop leaves.



3 ROAST EGGPLANT

Toss **eggplant**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until golden brown and softened, about 20 minutes, tossing halfway through.



6 TOSS AND SERVE

When **farro** and **eggplant** are done, stir into pan with veggies along with **mozzarella**, **basil**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Divide mixture between plates and garnish with **almonds**.

BELISSIMO!

Those tender veggies are proof you're captain of caponata.