



Cooking Made Easy

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Roasted Butternut Squash & Caramelized Leek Hash

over Farro



We love a good hash – it's a great way to toss together any of your favorite ingredients! Our version takes advantage of sweet butternut squash, nutty farro, and mellow leek. Topped with crunchy pepitas and tangy feta, it's the perfect combo of texture and flavor!



35 min



level 1



veggie



nut free



Farro



Butternut Squash



Mint



Feta Cheese



Pepitas



Garlic



Stock Concentrate



Leeks

Ingredients	2 People	4 People
Farro	1)	1 ½ C
Butternut Squash		12 oz
Leeks		1
Feta Cheese	2)	¼ C
Stock Concentrate		1
Pepitas		1 oz
Mint		1 sprig
Garlic		2 cloves
Olive Oil*		2 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Medium Pot, Strainer, Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 652 cal | Carbs: 83 g | Fat: 27 g | Protein: 23 g | Fiber: 11 g



1 Preheat oven to 400 degrees. Place the **farro** in a medium pot over medium heat with 1½ cups **water**, the **stock concentrate**, and a pinch of **salt**. Bring to a boil, then reduce to a simmer and cook about 30-35 minutes, until farro is tender. Drain and set aside.



2 Meanwhile, halve any larger pieces of **butternut squash**, then toss on a baking sheet with 1 tablespoon **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, until golden brown and tender.

3 While squash and farro cook, halve the **leek** lengthwise. Then, thinly slice the pale green and white parts only, and rinse under cold water to remove any silt. Mince or grate the **garlic**. Chop the **mint leaves**.



4 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **leeks** and season with **salt** and **pepper**. Cook, stirring, for about 6 minutes or until tender. Add the **garlic** and cook for 30 seconds, until fragrant. Set aside.

5 Once the **squash** is golden brown, add it to the pan with leeks and toss to combine. Stir in the **mint** and season with **salt** and **pepper**.

6 Serve the **squash and leek hash** over the **farro** with a sprinkle of **pepitas** and **feta** on top!



Tip Placing your baking sheet in the oven while it preheats will help ensure the butternut squash becomes fully caramelized and slightly crispy!