



More than Food

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## Grapefruit and Pear Salad

with Farro, Honeyed Walnuts, and Feta

The unexpected combination of grapefruit and pear make this salad unique. Cooking farro in vegetable stock helps infuse flavor into the nutty grain. Tossed with a honey-balsamic vinaigrette, this salad strikes the perfect balance of sweet, tangy, and savory.



45 min



level 2



veggie



Pear



Arugula



Vegetable Stock Concentrate



Walnuts



Feta



Grapefruit



Farro



Balsamic



Honey

## Ingredients

	2 People	4 People
Pear	1	2
Arugula	4 oz	8 oz
Vegetable Stock Concentrate	1	2
Walnuts	3) 1 oz	2 oz
Feta	2) ¼ C	½ C
Grapefruit	1	2
Farro	1) ¾ C	1 ½ C
Balsamic	2 T	4 T
Honey	1 T	2 T
Olive Oil*	3 T	6 T

\*Not Included

## Allergens

- 1) Wheat
- 2) Dairy
- 3) Tree Nuts

## Tools

Medium Pot, Strainer, Small Pan, Large Bowl, Medium Bowl, Whisk

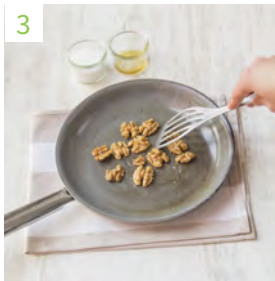
**Nutrition per person** Calories: 719 cal | Carbs: 90 g | Fat: 33 g | Protein: 19 g | Fiber: 11 g

Ruler

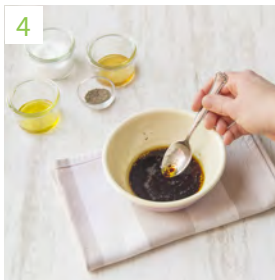
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**2 Cook the farro:** in a medium pot, bring **3 cups water**, the **stock concentrate**, and the **farro** to a boil with a large pinch of **salt**. Reduce to a simmer and cook for 35-40 minutes, until tender. Drain and rinse under cold water.



**2 Meanwhile, prep the fruit:** core and thinly slice the **pear**. Using your knife, slice off the ends of the **grapefruit**, then place the **grapefruit** flat on your cutting board and slice off the remaining peel by running your knife between the flesh and the peel, until only the inner fruit remains. Working over a medium bowl, hold the grapefruit in one hand and cut between the pith lines to release each **segment**.



**3 Candy the walnuts:** heat a small pan over medium heat. Add the **walnuts**, **1 tablespoon water**, **half the honey**, and a large pinch of **salt**. Bring to a boil and reduce to a simmer, stirring constantly. Reduce until liquid is syrupy and **walnuts** are coated. Set aside.



**4 Make the vinaigrette:** whisk the **remaining honey** and **balsamic vinegar** together in a large bowl. Whisk in **3 tablespoons olive oil** and season with **salt** and **pepper**.

**5** When the **farro** is done, toss it into the **vinaigrette** and add the **pears**, **grapefruit segments**, **arugula**, and **candied walnuts**. Season with **salt** and **pepper** and toss to combine.

**6** Divide among plates, sprinkle with **feta**, and dig in!