



Carb Smart Bacon Farro Bowls with Butternut Squash

Carb Smart

30 Minutes



Bacon Strips



Farro



Butternut Squash,
cubes



Baby Spinach



Green Onions



Chicken Broth
Concentrate



White Cheddar
Cheese, shredded

HELLO FARRO

An ancient grain that's full of nutty flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, medium pot, parchment paper, measuring cups, strainer

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Farro	½ cup	1 cup
Butternut Squash, cubes	170 g	340 g
Baby Spinach	113 g	227 g
Green Onions	2	4
Chicken Broth Concentrate	2	4
White Cheddar Cheese, shredded	½ cup	1 cup
Oil*		

Salt and Pepper*

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook farro

Add **farro**, **1 tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook uncovered until **farro** is tender, 16-18 min. Drain, then return **farro** to the same pot, off heat. Stir in **broth concentrates**. Cover to keep warm.



Roast squash

While **farro** cooks, add **squash** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 20-22 min.



Prep

While **squash** roasts, thinly slice **green onions**. Roughly chop **spinach**.



Roast bacon

Arrange **bacon strips** in a single layer on another parchment-lined baking sheet. Roast **bacon** in the **top** of the oven until crispy and cooked through, 8-12 min.**



Finish squash

When **squash** is tender, remove the baking sheet from the oven, then add **spinach** and **half the green onions**. Season with **salt** and **pepper**. Toss **veggies** together until **spinach** wilts slightly, 1 min.



Finish and serve

Divide **farro** between bowls. Top with **veggies** and **cheese**. Crumble **bacon** and sprinkle **remaining green onions** over top.

Dinner Solved!