



# Carb Smart 'BLT' Bacon and White Cheddar Farro with Spinach and Balsamic Roasted Tomatoes

Carb Smart

30 Minutes



Bacon Strips



Farro



Baby Tomatoes



Baby Spinach



Garlic, cloves



Shallot



White Wine Vinegar



White Cheddar  
Cheese, shredded



Chicken Broth  
Concentrate



Balsamic Vinegar

HELLO FARRO

*An ancient grain that's full of nutty flavour!*

## Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, slotted spoon, strainer, medium pot, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Farro	½ cup	1 cup
Baby Tomatoes	113 g	227 g
Baby Spinach	113 g	227 g
Garlic, cloves	2	4
Shallot	50 g	100 g
White Wine Vinegar	1 tbsp	2 tbsp
White Cheddar Cheese, shredded	½ cup	1 cup
Chicken Broth Concentrate	1	2
Balsamic Vinegar	1 tbsp	2 tbsp
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.*

## Contact

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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-low. Cook uncovered until **farro** is tender, 18-20 min. Reserve **3 tbsp cooking water** (dbl for 4 ppl), then drain and return **farro** to the same pot, off heat.



## Cook bacon

Add **bacon** and **2 tbsp water** (dbl for 4 ppl) to a large non-stick pan over medium-high heat. Cook, flipping occasionally, until crispy, 8-10 min.\*\* Remove the pan from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside. Reserve **bacon fat** in the pan.



## Blister tomatoes

While **farro** cooks, add **tomatoes** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Broil in the **middle** of oven, until **tomatoes** burst, 5-6 min. When **tomatoes** are done, remove the baking sheet from the oven. On the baking sheet, toss **tomatoes** with **balsamic vinegar**. Set aside.



## Finish farro

Return the pan with **reserved bacon fat** to medium, then add **shallots** and **garlic**. Cook, stirring often, until softened, 1-2 min. Add **white wine vinegar**. Cook, stirring often, until slightly reduced, 1-2 min. Add **farro**, **white cheddar cheese**, **broth concentrate** and **reserved cooking water** to the pan. Stir until combined, then add **spinach**. (**TIP:** For 4 ppl, add spinach in 2 batches!) Cook, stirring occasionally, until **spinach** is wilted and **cheese** is melted, 2-3 min. Season with **salt** and **pepper**, to taste.



## Prep

While **tomatoes** broil, peel, then finely chop **shallot**. Peel, then grate or mince **garlic**. Roughly chop **spinach**. Cut **bacon** into 1-inch pieces.



## Finish and serve

Divide **farro** between plates. Top with **balsamic roasted tomatoes** and **bacon**.

## Dinner Solved!