



FARRO, KALE & SWEET POTATO POWER BOWLS

with Apple, Pickled Cabbage & Creamy Harissa Dressing

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



1 | 2
Veggie Stock
Concentrate



1 | 2
Sweet Potato



1 TBSP | 1 TBSP
Fry Seasoning



1 | 2
Lemon



4 oz | 8 oz
Shredded Red
Cabbage



2 Cloves | 4 Cloves
Garlic



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



2 TBSP | 4 TBSP
Sour Cream
Contains: Milk



1 TBSP | 1 TBSP
Harissa Powder



4 oz | 8 oz
Kale



1 | 1
Apple



½ oz | 1 oz
Pepitas

HELLO

FARRO

This ancient grain has a nutty flavor and delightfully chewy texture.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 710

THE MORE YOU KNOW

In step 3, you'll be microwaving the cabbage with a lemon-based pickling liquid. Why? The heat helps speed up the pickling process so you can enjoy extra-tangy results in a snap. Try this technique again with sliced jalapeño or onion.

BUST OUT

- Medium pot
- Baking sheet
- Zester
- Medium bowl
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Olive oil (4 tsp | 4 tsp)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 COOK FARRO

- Adjust rack to top position and preheat oven to 425 degrees.
- In a medium pot, combine **farro**, **stock concentrate**, and **3½ cups water**. Bring to a boil and cook until farro is tender, 25-30 minutes. Keep covered off heat until ready to serve.
- **4 SERVINGS: Use 6 cups water.**
- **TIP: If you end up with any excess stock, simply pour it out. Alternatively, if stock evaporates before farro is done, add a splash of water.**



4 MAKE DRESSING

- Mince or grate **garlic**.
- In a small bowl, combine **mayonnaise**, **sour cream**, as much **lemon zest** and garlic as you like, and **harissa powder** to taste (start with a small pinch, then taste and add more from there if you like).
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



2 ROAST SWEET POTATO

- Meanwhile, **wash and dry all produce**.
- Dice **sweet potato** into ½-inch pieces. Toss on a baking sheet with half the **Fry Seasoning** and a large drizzle of **olive oil**. Season with **salt** and **pepper**.
- Roast on top rack until golden brown and tender, 20-25 minutes.
- **4 SERVINGS: Use all the Fry Seasoning.**



5 COOK KALE

- Remove and discard any large ribs from **kale**. Heat a large drizzle of **olive oil** in a large pan over medium-high heat.
- Add kale and season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 5-7 minutes. Stir in **1 TBSP butter** until melted. Remove pan from heat.
- **4 SERVINGS: Use 2 TBSP butter.**



3 PICKLE CABBAGE

- While sweet potato roasts, zest and halve **lemon**.
- In a medium microwave-safe bowl, combine juice from **lemon** and **1 tsp sugar**; stir until sugar has dissolved.
- Add **cabbage** and **2 TBSP water**; toss to coat. Microwave for 1 minute. Season with **salt** and **pepper**. Set aside, stirring occasionally, until ready to serve.
- **4 SERVINGS: Use 2 tsp sugar. Add 4 TBSP water.**



6 FINISH & SERVE

- While kale cooks, halve and core **apple**; cut half the apple into a small dice.
- Stir **1 TBSP butter** into **farro** until melted. Stir in diced apple and season with **salt** and **pepper**.
- Divide farro between bowls and top with **kale**, **pickled cabbage**, and **sweet potato**. Drizzle with **dressing**. Sprinkle with **pepitas** and serve.
- **4 SERVINGS: Use whole apple and 2 TBSP butter.**