



# Garlicky Mixed Mushroom Farro Bowl

with Goat's Cheese and Candied Walnuts

Veggie 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Mixed Mushrooms



Garlic



Farro



Vegetable Broth Concentrate



Walnuts, chopped



Brown Sugar



Goat Cheese



Baby Kale



Balsamic Vinegar



Balsamic Glaze

HELLO MIXED MUSHROOMS

*A delicious savoury combo of white button, cremini and oyster mushrooms*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, medium non-stick pan, measuring spoons, strainer, medium pot, large bowl, parchment paper, measuring cups, whisk

## Ingredients

	2 Person	4 Person
Mixed Mushrooms	200 g	400 g
Garlic	6 g	12 g
Farro	¾ cup	1 ½ cup
Vegetable Broth Concentrate	1	2
Walnuts, chopped	28 g	56 g
Brown Sugar	2 tbsp	4 tbsp
Goat Cheese	56 g	113 g
Baby Kale	56 g	113 g
Balsamic Vinegar	1 tbsp	2 tbsp
Balsamic Glaze	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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## Prep & mix dressing

Quarter **all mushrooms**. Peel, then mince or grate **garlic**. Whisk together **balsamic vinegar**, **½ tsp brown sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**. (**NOTE:** We will use the balsamic glaze in step 6.)



## Toast walnuts

While **farro** cooks, heat a medium non-stick pan over medium heat. When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. Place a piece of parchment paper on your counter.



## Roast mushrooms

Toss **mushrooms** with **garlic** and **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, stirring halfway through cooking, until golden, 18-20 min.



## Candy walnuts

Add **remaining brown sugar** and **1 tbsp water** (dbl for 4 ppl) to the same pan. Season with **salt**. Stir together until **sugar** melts, 1 min. Return **walnuts** to pan. Cook, stirring often, until **mixture** coats **walnuts**, 1 min. Remove pan from heat. Carefully transfer **hot candied walnuts** to parchment paper, then spread into an even layer. (**NOTE:** Don't touch walnuts - they will be VERY hot.) Set aside to cool, 5 min.



## Cook farro

While **mushrooms** roast, add **farro**, **broth concentrate** and **3 cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer uncovered, until **farro** is tender, 14-16 min. Drain and transfer to bowl with **dressing**. Toss to combine.



## Finish and serve

Add **kale** to the bowl with **farro**. Toss to combine. Finely chop **cooled candied walnuts**. Divide **farro** and **kale** between bowls. Top with **mushroom mixture**. Crumble over **goat cheese**. Drizzle over **balsamic glaze**. Sprinkle over **candied walnuts**.

## Dinner Solved!