



GORGEOUS GREENS FARRO BOWL

with Grilled Zucchini and Asparagus



HELLO FARRO

An ancient grain that's rich in fiber and full of nutty flavor

PREP: 20 MIN | **TOTAL: 40 MIN** | **CALORIES: 470**



START STRONG

Trimming asparagus is a snap—literally. Hold the spears near the bottom ends and bend until they break. They'll snap off naturally at the point where they go from tough to tender.



BUST OUT

- Medium pot
- Strainer
- Zester
- Baking sheet
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Farro ¾ Cup | 1½ Cups
- Veggie Stock Concentrates 2 | 4
- Asparagus 8 oz | 16 oz
- Zucchini 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Yellow Onion 1 | 2
- Lemon 1 | 1
- Parmesan Cheese ¼ Cup | ½ Cup
- Walnuts 1 oz | 2 oz

HELLO WINE



PAIR WITH
Lustra Monterey County
Pinot Noir, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 PREHEAT OVEN AND COOK FARRO

Adjust rack to middle position and preheat oven to 450 degrees. Combine **farro**, **stock concentrates**, and **3½ cups water** in a medium pot. Bring to a boil and cook until farro is tender, 30-35 minutes total. **TIP:** If water evaporates before farro is cooked, add a splash more.



4 COOK AROMATICS

Meanwhile, heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **onion** and cook, tossing frequently, until soft and translucent, 3-4 minutes. Add **garlic** and cook, tossing, until fragrant, about 1 minute.

2 PREP

Wash and dry all produce. Trim and discard bottom woody ends of **asparagus**. Cut off fuzzy tips and set aside. Chop stalks into ½-inch pieces. Slice **zucchini** into thin rounds. Mince or grate **garlic**. Halve, peel, and finely dice **onion**. Zest, then halve **lemon**.



5 FINISH FARRO

Stir **asparagus stalk pieces** into pot with **farro** about 5 minutes before farro is done (grains should be just shy of al dente). Drain once both are tender, then add to pan with onion and garlic. Stir in juice of one **lemon** half, half the **lemon zest**, half the **Parmesan**, and **1 TBSP butter**. Season with **salt** and **pepper**.



3 ROAST VEGGIES

Toss **asparagus tips**, **zucchini**, and a large drizzle of **olive oil** on a baking sheet. Season generously with **salt** and **pepper**. Roast in oven until nicely browned, 15-20 minutes, tossing halfway through.



6 PLATE AND SERVE

Divide **farro mixture** between bowls. Top with **zucchini** and **asparagus tips**. Sprinkle with **walnuts** and remaining **Parmesan** and **lemon zest**. Cut any remaining **lemon** into wedges and serve on the side.



FAR OUT!

Wholesome grains and green veggies make this one bodacious bowl.

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