




# NO-BRAINER GRAIN SALAD

with Butternut Squash, Farro, and Ricotta Salata



**HELLO**  
**FARRO GRAIN SALAD**  
 The ancient wheat creates a hearty, fiber-rich foundation in this effortlessly easy recipe.

**PREP: 5 MIN | TOTAL: 45 MIN | CALORIES: 570**

-   
Veggie Stock Concentrate
-   
Red Onion
-   
Lemon
-   
Dried Cranberries
-   
Ricotta Salata  
(Contains: Milk)
-   
Farro  
(Contains: Wheat)
-   
Butternut Squash
-   
Almonds  
(Contains: Tree Nuts)
-   
Arugula

## START STRONG

Although shaving the ricotta salata will make the finished dish picture-perfect, we get it if you'd rather skip this fancy step. You can quickly crumble it with your hands and sprinkle it over the top instead.

## BUST OUT

- Medium pot
- Strainer
- Baking sheet
- Medium bowl
- Peeler
- Olive oil (6½ tsp | 13 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Veggie Stock Concentrate 1 | 2
- Farro ¾ Cup | 1½ Cups
- Red Onion 1 | 2
- Butternut Squash 8 oz | 16 oz
- Lemon 1 | 1
- Almonds 1 oz | 2 oz
- Dried Cranberries 1 oz | 2 oz
- Arugula 2 oz | 4 oz
- Ricotta Salata 2 oz | 4 oz

## HELLO WINE



PAIR WITH  
Ca Roule? Beaujolais, 2016

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## 1 PREHEAT OVEN AND COOK FARRO

Preheat oven to 400 degrees. Bring a medium pot of **salted water** to a boil. Add **stock concentrate** and **farro**. Cook until grains are tender, 30-35 minutes. Drain and return to pot.



## 4 TOSS FARRO

Add **onion, squash, almonds, cranberries, 1½ TBSP olive oil**, and a squeeze of **lemon** to pot with drained **farro**. Toss to combine. Season with **salt, pepper**, and more lemon (to taste).



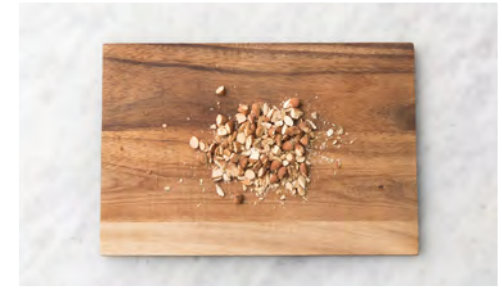
## 2 ROAST ONION AND SQUASH

**Wash and dry all produce.** Halve and peel **onion**, then cut into ½-inch-thick wedges. Toss onion and **squash** on a baking sheet with a drizzle of **olive oil** and season with **salt** and **pepper**. Roast in oven until browned and tender, about 20 minutes, tossing halfway through.



## 5 DRESS SALAD

Toss **arugula** with a squeeze of **lemon** and drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**.



## 3 PREP

Halve **lemon**. Roughly chop **almonds**.



## 6 PLATE AND SERVE

Divide **salad** between plates or wide bowls. Place **farro mixture** on top in a mound. Using a peeler, shave **ricotta salata** over plates, then serve.

## WONDERFUL!

A wholesome salad with the flavors and colors of fall

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