



Savory Mixed Mushroom Bowl with Farro and Almonds

Veggie

30 Minutes



Mixed Mushrooms



Farro



Cornstarch



Arugula and Spinach Mix



Almonds, sliced



Whole Grain Mustard



Shallot



White Wine Vinegar



Chives



Vegetable Broth Concentrate



Avocado

HELLO CORNSTARCH

A toss in cornstarch and a quick pan-fry makes for a crispy mushroom exterior!

Start here

Before starting, wash and dry all produce.

Bust Out

Medium bowl, measuring spoons, strainer, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Mixed Mushrooms	200 g	400 g
Farro	¾ cup	1 ½ cup
Cornstarch	1 tbsp	2 tbsp
Arugula and Spinach Mix	56 g	112 g
Almonds, sliced	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Shallot	50 g	100 g
White Wine Vinegar	1 tbsp	2 tbsp
Chives	7 g	14 g
Vegetable Broth Concentrate	1	2
Avocado	1	2
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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Start farro

Add **farro**, **broth concentrate** and **3 cups water** (dbl for 4 ppl) to 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.



Fry mushrooms

Toss the **mushrooms** with **cornstarch** in a medium bowl. Reheat the large non-stick pan over medium-high heat. When hot, add **2 ½ tbsp oil**, then **cornstarch-dusted mushrooms**, flat side down, in an even layer. Cook, until golden-brown and crispy, 2-3 min per side. (**NOTE:** Cook in two batches for 4 ppl, using 2 ½ tbsp oil per batch.) Remove pan from heat. Transfer **crispy mushrooms** to a paper towel-lined plate. Sprinkle with **salt**. Set aside.



Prep and make dressing

While **farro** cooks, halve the **mushrooms**. Thinly slice the **chives**. Peel, then mince the **shallot**. Whisk together the **mustard**, **chives**, **shallots**, **vinegar** and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**. Set aside.



Toss farro

Drain **farro** and transfer to the large bowl with **dressing**. Toss to combine. Add the **arugula and spinach mix**. Season with **salt** and **pepper**. Toss to coat.



Toast almonds

Heat a large non-stick pan over medium heat. When hot, add the **almonds** 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.



Finish and serve

Peel, pit, then slice the **avocado** into ¼-inch slices. Divide the **farro mixture** between bowls. Top with **pan-fried mushrooms**, **avocado slices** and **toasted almonds**.

Dinner Solved!