



# SUMMER SALAD

with Farro, Peaches and White Wine Vinaigrette

VEGGIE



## HELLO PEACHES

Peach season is here! Caramelizing helps intensify the flavour of this sweet fruit

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 624



Peach



Farro



Sugar Snap Peas, trimmed



Almonds, sliced



Goat Cheese



Baby Arugula



Thyme



White Wine Vinaigrette



Honey

## BUST OUT

- Large Bowl
- Strainer
- Measuring Spoons
- Measuring Cups
- Medium Non-Stick Pan
- Medium Pot
- Whisk
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person

- Peach 150 g
- Farro 1  $\frac{3}{4}$  cup
- Sugar Snap Peas, trimmed 113 g
- Almonds, sliced 5 28 g
- Goat Cheese 2 56 g
- Baby Arugula 56 g
- Thyme 10 g
- White Wine Vinegar 9 1 tbsp
- Honey 1  $\frac{1}{2}$  tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

In Step 2, to easily strip thyme leaves off the stems, poke the bottom end of a stem through a small hole of a fine mesh strainer. Pull the stem through the hole and the leaves will strip off into the strainer!



**1 COOK FARRO** Wash and dry all produce.\* Strip  $\frac{1}{2}$  **tbsp** thyme leaves off the stems. In a medium pot, add the **farro**, **half the stripped thyme leaves** and **3 cups water**. Bring to a boil (uncovered) over high heat. Reduce the heat to medium-low and cook until the **farro** is tender, 14-16 min.



**4 MAKE DRESSING** Meanwhile, in a large bowl, whisk together the **honey**, **remaining stripped thyme leaves**, **1 tbsp vinegar** and **2 tbsp oil**. Season with **salt** and **pepper**. Set aside. When the **farro** is tender, add the **snap peas** to the same pot. Blanch, until the **snap peas** are brighter in colour, 1-2 min. Drain the **farro** and **snap peas**.



**2 PREP** Meanwhile, halve, pit, and slice the **peach** into  $\frac{1}{4}$ -inch wedges. Halve the **snap peas**.



**5 ASSEMBLE SALAD** Add the **farro**, **snap peas**, **arugula** and **peaches** to the large bowl with the **dressing**. Season with **salt** and **pepper**. Toss to together.



**3 TOAST ALMONDS** Heat a medium non-stick pan over medium heat. When the pan is 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 the **almonds** to a plate and set aside.



**6 FINISH AND SERVE** Divide the **salad** between plates. Sprinkle over the **goat cheese** and **toasted almonds**.

## PERFECT

Soft cheeses like goat cheese are a great topping to help balance flavourful salads!