



# GORGEOUS GREEN FARRO BOWL

with Asparagus and Zucchini



## HELLO FARRO

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

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 520

-  Farro  
(Contains: Wheat)
-  Asparagus
-  Garlic
-  Lemon
-  Parmesan Cheese  
(Contains: Milk)
-  Veggie Stock Concentrates
-  Zucchini
-  Yellow Onion
-  Walnuts  
(Contains: Tree Nuts)

## START STRONG

If you have an extra moment, toast the walnuts in a dry pan over medium heat—it'll warm them up and bring out their best flavors.

## BUST OUT

- Medium pot
- Zester
- Baking sheet
- Large pan
- Strainer
- 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                 | 6 oz   12 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         |

Share your #HelloFreshPics with us!  
(800) 733-2414 HelloFresh.com  
hello@hellofresh.com



## 1 COOK FARRO

In a medium pot, combine **farro**, **stock concentrates**, and **3½ cups water**. Bring to a boil and cook until 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 until soft and translucent, 3-4 minutes, tossing frequently. Add **garlic** and cook until fragrant, another minute, tossing.



## 2 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 450 degrees. Trim and discard bottom inch of **asparagus**. Cut off the fuzzy tips and set aside. Chop the stalks into ½-inch pieces. Thinly slice **zucchini** into 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 asparagus and farro once both are tender. Add to pan with **onion** and **garlic**, then stir in juice of half a **lemon**, half the **lemon zest**, half the **Parmesan**, and **1 TBSP butter**. Season with **salt** and **pepper**.



## 3 ROAST VEGGIES

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



## 6 PLATE

Divide **farro mixture** between bowls. Top with **roasted zucchini** and **asparagus**. Sprinkle with remaining **lemon zest**, **walnuts**, and remaining **Parmesan**.

## FAR OUT!

Wholesome grains and green veggies make this a bowl to remember.