



# GORGEOUS GREENS FARRO BOWL

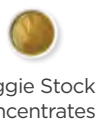
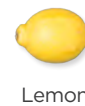
with Grilled Zucchini and Asparagus



## HELLO FARRO

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

**PREP: 20 MIN** | **TOTAL: 40 MIN** | **CALORIES: 520**





## START STRONG

The veggies can also be thrown on the grill. Just leave the trimmed asparagus whole, cut the zucchini into long, thick slices, and grill both over direct heat before adding them to the farro mixture.

## 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 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

## HELLO WINE



PAIR WITH  
Rogue Wave Mendocino County  
Pinot Noir, 2015

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



## 1 PREHEAT OVEN AND COOK FARRO

Preheat oven to 450 degrees. 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, tossing frequently, until soft and translucent, 3-4 minutes. Add **garlic** and cook, tossing, until fragrant, another minute.



## 2 PREP

**Wash and dry all produce.** Trim and discard bottom inch 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. Add to pan with **onion** and **garlic**, then 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

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 AND SERVE

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

## FAR OUT!

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

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