



BUTTERNUT SQUASH POWER BOWL

with Farro, Pistachios, and Pickled Shallot













HELLO

QUICK-PICKLED SHALLOT

Soaked in white wine vinegar with a hint of sugar, it balances sour power and sass.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 570**

-  Farro
(Contains: Wheat)
-  Butternut Squash
-  Yellow Onion
-  Parsley
-  Pistachios
(Contains: Tree Nuts)
-  Veggie Stock Concentrate
-  Garlic
-  Shallot
-  White Wine Vinegar
-  Parmesan Cheese
(Contains: Milk)

START STRONG

Keep it movin' in step 4: nuts can burn quicker than you'd expect. The best way to prevent this is to stir, stir again, and keep on stirrin' until the pistachios are toasty and gently browned.

BUST OUT

- Medium pot
- Small bowl
- Baking sheet
- Large pan
- Sugar (½ tsp | 1 tsp)
- Strainer
- Vegetable oil (2 tsp | 4 tsp)
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Farro ¾ Cup | 1½ Cups
- Veggie Stock Concentrate 1 | 2
- Butternut Squash 12 oz | 24 oz
- Yellow Onion 1 | 2
- Garlic 2 Cloves | 4 Cloves
- Shallot 1 | 2
- Parsley ¼ oz | ½ oz
- White Wine Vinegar 5 tsp | 10 tsp
- Pistachios 1 oz | 2 oz
- Parmesan Cheese ¼ Cup | ½ Cup

HELLO WINE



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1 PREHEAT OVEN AND COOK FARRO

Adjust rack to middle position and preheat oven to 425 degrees. In a medium pot, stir together **farro**, **stock concentrate**, and **3½ cups water**. Bring to a boil and cook until tender, 30-35 minutes total. **TIP:** If water evaporates before farro is done, add a splash more.



4 TOAST NUTS

Heat a large pan over medium heat. Add **pistachios** and toss frequently until toasted and fragrant, 3-4 minutes. (**TIP:** If nuts seem like they might burn, remove pan from heat for a few seconds.) Remove from pan and set aside to cool. Roughly chop once cool enough to handle.



2 ROAST SQUASH

Wash and dry all produce. Toss **squash** with a large drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in oven until tender and browned, about 30 minutes, tossing halfway through.



5 TOSS FARRO

A few minutes before **farro** is done, heat a large drizzle of **olive oil** in pan used for nuts over medium-high heat. Add **onion**. Cook, tossing frequently, until softened, 3-4 minutes. Add **garlic** and cook, tossing, until fragrant, 1 minute more. Once farro is tender, drain any excess water, then toss into pan with onion and garlic. Stir in half the **pistachios**, half the **Parmesan**, and **1 TBSP butter**. Remove pan from heat.



3 PREP AND PICKLE SHALLOT

Meanwhile, halve, peel, and dice **onion**. Mince or grate **garlic**. Halve, peel, and thinly slice **shallot**. Finely chop **parsley**. Place shallot, **vinegar**, and **½ tsp sugar** in a small bowl. Season with **salt** and **pepper**, then toss to combine. Set aside.



6 PLATE AND SERVE

Add half the **shallot** and all of its **pickling liquid** to pan with **farro**. Toss to combine and melt **butter**. Season with **salt** and **pepper**. Divide farro mixture between bowls. Top with **squash**. Sprinkle with remaining **pistachios** and **Parmesan**. Garnish with remaining shallot (if desired) and **parsley**.

BUTTER UP!

Chunks of sweet and tender squash are guaranteed to please.

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