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## Zucchini and Asparagus Farro Bowl with Parmesan and Lemon

Farro has had something of a moment lately, becoming a favourite grain of chefs and home cooks alike for its nutty flavour, addictively chewy texture, and high-fibre content.



Farro



Asparagus



Zucchini



Onion



Garlic



Lemon



Walnuts



Vegetable Broth  
Concentrate



Parmesan Cheese

## Ingredients

		2 People
Farro	1)	1 pkg (170 g)
Asparagus		1 pkg (170 g)
Zucchini		227 g
Onion, chopped		1 pkg (56 g)
Garlic		1 pkg (10 g)
Lemon		1
Walnuts, chopped	3)	1 pkg (56 g)
Vegetable Broth Concentrate		1 pkg
Parmesan Cheese, shredded	2)	1 pkg (56 g)
Butter*	2)	1 tbsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Treenuts/Noix

## Tools

Small Pot, Zester, Large Non-Stick Pan, Strainer, Measuring Spoons

Ruler

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**Nutrition per person** Calories: 617 cal | Fat: 25 g | Protein: 31 g | Carbs: 74 g | Fibre: 10 g | Sodium: 648 mg

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

3



**1 Prep: Wash and dry all produce.** Bring a small pot of **salted water** to a boil. Cut the **asparagus** into 1-inch pieces. Thinly slice the **zucchini** into 1/4-inch rounds. Mince or grate the **garlic**. Zest, then cut the **lemon** into wedges.

**2 Cook the farro:** Add the **farro** and **broth concentrate** to the water. Reduce the heat to medium-low. Cover and cook until tender, 18-20 min. (Drain when the farro is done cooking.)

6



**3 Toasted the walnuts:** Meanwhile, heat a large non-stick pan over medium heat. Add the **walnuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Set aside on a plate.

**4 Char the zucchini:** Increase the heat to medium-high heat. Add the **zucchini** to the dry pan. Cook until golden-brown, 5-6 min per side. Transfer to a plate.

7



**5 Cook the asparagus:** Decrease the heat to medium heat. Add a drizzle of **oil**, then the **onion** and **garlic**. Cook, stirring occasionally, until the onion softens, 4-5 min. Add the **asparagus**. Cook, stirring occasionally, until tender-crisp, 4-5 min.

**6** Add the **farro**, **zucchini**, **butter**, **lemon zest**, squeeze of **2 lemon wedges** and **half the Parmesan** to the asparagus. Season with **salt** and **pepper**.

**7 Finish and serve:** Divide **farro mixture** between bowls. Sprinkle with the **toasted walnuts** and **remaining Parmesan**. Squeeze over the **remaining lemon wedges** and enjoy!

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