



ROASTED VEGGIE CAPRESE BOWL

with Farro and Balsamic Vinaigrette



HELLO FARRO

This ancient grain is rich in fiber and full of nutty flavor.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 860



START STRONG

For extra nutty flavor, try toasting your farro for a few minutes in the pot before adding stock concentrates and water in step 1.

BUST OUT

- Medium pot
 - Aluminum foil
 - Baking sheet
 - Small pan
 - 2 Small bowls
 - Olive oil (4 tsp | 4 tsp)
 - Vegetable oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
 - Kosher salt
 - Black pepper
 - Whisk
- (Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Farro **1 Cup** | **1½ Cups**
- Veggie Stock Concentrates **2** | **4**
- Zucchini **1** | **2**
- Roma Tomato **1** | **2**
- Red Onion **1** | **2**
- Fresh Mozzarella **4 oz** | **8 oz**
- Basil **½ oz** | **1 oz**
- Balsamic Vinegar **5 tsp** | **10 tsp**
- Italian Seasoning **1 tsp** | **2 tsp**
- Sliced Almonds **1 oz** | **2 oz**

WINE CLUB

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1 COOK FARRO

Preheat oven to 450 degrees.

Combine **farro**, **stock concentrates**, and **3½ cups water** (6 cups for 4 servings) in a medium pot. Bring to a boil and cook until farro is tender, 25-30 minutes total.

TIP: If water evaporates before farro is done, add a splash more.



4 ROAST VEGGIES AND TOAST ALMONDS

On opposite side of baking sheet, toss **tomato** and **zucchini** with a drizzle of **olive oil**, **Italian Seasoning**, **salt**, and **pepper** (use 2 baking sheets for 4 servings). Roast until tomato and zucchini are browned and onion wedges are softened, 15-20 minutes. Meanwhile, heat a small dry pan over medium-high heat. Add **almonds** and toast, stirring often, until fragrant and lightly browned, 3-4 minutes. Turn off heat; transfer to a small bowl.

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2 PREP

Meanwhile, **wash and dry all produce**. Trim **zucchini**, then slice into thin rounds. Cut **tomato** into 6 wedges. Halve and peel **onion**; cut one half into ½-inch wedges. Finely chop remaining half. Dice **mozzarella** into ½-inch pieces. Pick **basil** leaves from stems; discard stems. Finely chop half the leaves; tear remaining leaves into large pieces.



5 MAKE VINAIGRETTE AND COOK ONION

In a second small bowl, whisk together remaining **vinegar** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Heat a drizzle of **oil** in same pan used to toast almonds over medium-high heat. Add **chopped onion** and cook until softened, 4-5 minutes. Season with salt and pepper.



3 SEASON ONION

Place **onion wedges** in the center of a large piece of foil. Lift up and crimp sides of foil to make a bowl. Pour in half the **vinegar** (you'll use the rest later) and a drizzle of **olive oil**. Season with **salt** and **pepper**. Place on one side of a baking sheet.



6 FINISH FARRO AND ASSEMBLE BOWLS

Once **farro** is tender, drain any excess water and stir in **cooked onion**, **chopped basil**, half the **mozzarella**, and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper**. Divide farro between bowls. Top with roasted **veggies** and remaining **mozzarella**. Drizzle with **vinaigrette** and sprinkle with **almonds** and **torn basil**.

EASY PEASY

Have a lemon on hand? Squeeze(y) a bit into your finished farro for a bright bite.