



More than Food

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Wheat Berry & Caramelized Fennel Sauté with Tart Apricots, Capers, and Arugula Salad

Sweet-tart apricots and briny capers bring unique flavors to the plate in this hearty grain salad. A mixture of crunchy, marinated fennel and sweet, sautéed fennel highlights the vegetable's versatility. We're finishing the dish with creamy mozzarella and basil to keep things feeling fresh and summery.

45 min

level 2

veggie

nut free



Fennel



Arugula



Fresh Mozzarella



Basil



Wheat Berries



Shallot



California Tart Dried Apricots



Lemon



Capers

Ingredients

| | 2 People | 4 People |
|--------------------------------|----------|-----------|
| Fennel | 1 bulb | 2 bulbs |
| Arugula | 2 oz | 4 oz |
| Fresh Mozzarella | 2) 4 oz | 8 oz |
| Basil | 1 bunch | 2 bunches |
| Wheat Berries | 1) ¾ C | 1 ½ C |
| Shallot | 1 | 2 |
| California Tart Dried Apricots | 1 oz | 2 oz |
| Lemon | 1 | 2 |
| Capers | 1 T | 2 T |
| Olive Oil* | 2 T | 4 T |

*Not Included

Allergens

- 1) Wheat
- 2) Dairy

Tools

Medium Pot, Large Bowl, Large Pan, Strainer

Ruler

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Nutrition per person Calories: 610 cal | Carbs: 80 g | Fat: 25 g | Protein: 23 g | Fiber: 18 g



1 In a medium pot, bring **3 cups water** and a large pinch of **salt** to a boil. Trim, halve, and core the **fennel**, then slice as thinly as possible. Dice the **apricot**. Halve, peel, and thinly slice the **shallot**. Halve the **lemon**.



2 Add the **wheat berries** to the boiling water, then reduce heat to a simmer and cook for 35-40 minutes, until tender. Drain.

3 **Marinate the fennel:** in a large bowl, toss **half the fennel** with the juice of **half a lemon**. Season with **salt** and **pepper**.

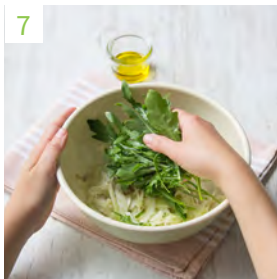
4 Heat **1 teaspoon olive oil** in a large pan over medium heat. Add the **shallot** to the pan and cook, tossing, 2-3 minutes, until softened. Add the **remaining fennel** to the pan and cook, tossing, 5-6 minutes, until very soft and beginning to caramelize. Season with **salt** and **pepper**. Stir the **capers** and **apricots** into the pan and cook 1-2 minutes, until apricots soften. Remove the pan from the heat.



5 While the **wheat berries** finish cooking, dice the **mozzarella**. Thinly slice the **basil leaves**.

6 Once the **wheat berries** are ready, toss them into the pan along with the **mozzarella**, **basil**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.

7 Toss the **arugula** into the **marinated fennel** along with **2 teaspoons olive oil**. Season with **salt** and **pepper**.



8 Divide the **wheat berry mixture** between bowls and top with the **arugula salad**. Enjoy!