



More than Food

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Black Bean and Farro Salad

with Apples and Cilantro Vinaigrette

Black beans and farro team up beautifully in this ultra-hearty grain salad. The duo pairs unexpectedly well with a crunchy Granny Smith apple and creamy avocado. A bright cilantro and shallot vinaigrette ties the whole dish together.



40 min



level 1



vegan



nut free



dairy free



Farro



Black Beans



Avocado



Granny Smith
Apple



Shallot



Cilantro



White Wine
Vinegar

Ingredients

	2 People	4 People
Farro	1) ¾ C	1½ C
Black Beans	1 box	2 boxes
Avocado	1	2
Granny Smith Apple	1	2
Shallot	1	2
Cilantro	¼ oz	½ oz
White Wine Vinegar	2 T	4 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

Tools

Large Pot,
Whisk, Strainer,
Large Bowl

Ruler

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Nutrition per person Calories: 787 cal | Carbs: 106 g | Fat: 28 g | Protein: 28 g | Fiber: 33 g | Sodium: 155 mg



1 Cook the farro: add the **farro** to a large pot of **water** with a large pinch of **salt**. Bring to a boil, reduce to a simmer, cover, and cook for 30-35 minutes until tender. Drain and rinse under cold water.

2 While the **farro** cooks, drain and rinse the **beans**. Finely chop the **cilantro**. Halve, peel, and mince the **shallot**.

3 Make the cilantro vinaigrette: in a large bowl, combine the **cilantro**, **shallot**, and **1 Tablespoon white wine vinegar**. Whisk in **2 Tablespoons olive oil** and season with **salt** and **pepper**.

4 Halve, pit, and dice the **avocado**. Cut the **apple** into ½-inch cubes, discarding the apple core. Toss the **apple** into the vinaigrette.

5 When the **farro** is ready, toss it into the **vinaigrette** along with the **black beans**. Season with **salt** and **pepper**.

6 Plate the **farro** mixture, then top with the **avocado**. Dig in and enjoy!

