



BUTTERNUT SQUASH FARROTTO

with Parmesan & Sage

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Farro
Contains: Wheat



8 oz | 16 oz
Butternut Squash



1 | 2
Onion



1 Clove | 2 Cloves
Garlic



¼ oz | ½ oz
Sage



2 | 4
Mushroom Stock Concentrates



1 oz | 2 oz
Cheese Roux Concentrate
Contains: Milk



2 TBSP | 4 TBSP
Cream Cheese
Contains: Milk



1½ TBSP | 3 TBSP
Sour Cream Concentrate
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken Breast
Calories: 770



9 oz | 18 oz
Italian Chicken Sausage Mix
Calories: 840



PREP: 10 MIN | COOK: 40 MIN | CALORIES: 580



HELLO

FARROTTO

In this twist on risotto, traditional arborio rice is swapped for nutrient-dense farro.

WAVES OF GRAIN

Farro is a nutritious, delightfully hearty grain, so you won't be cooking it to the tenderness of a typical risotto. Instead, aim for a chewy texture (almost like al dente pasta).

BUST OUT

- Medium pot
- Large pan
- Baking sheet

- Kosher salt
 - Black pepper
 - Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp) 🇺🇸 🇨🇦
 - Olive oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 2 TBSP)
- Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK FARRO

- Adjust rack to top position and preheat oven to 425 degrees.
- In a medium pot (large pot for 4 servings), combine farro, 3½ cups water (6 cups for 4), and a big pinch of salt. Bring to a boil and cook until farro is tender, 25-30 minutes. **TIP: If you end up with any excess water, simply pour it out. Alternatively, if water evaporates before farro is done, add a splash of water.**



4 COOK ONION

- Heat a drizzle of olive oil in a large pan over medium heat. Add onion and a big pinch of salt. Cook, stirring, until onion is softened, 3-5 minutes (reduce heat to medium low if onion begins to brown).
- Stir in garlic and chopped sage (add another drizzle of olive oil if pan seems dry). Cook, stirring, until fragrant, 1-2 minutes.

- 🇺🇸 Use pan used for chicken or
- 🇨🇦 sausage here.



2 COOK SQUASH

- Wash and dry produce.
- Cut squash into bite-size pieces. Toss on a baking sheet with a drizzle of oil, salt, and pepper.
- Roast on top rack, tossing halfway through, until browned and tender, 20-25 minutes.



5 MAKE FARROTTO

- Once farro and squash are done, stir cooked farro and half the squash into pan with onion.
- Increase heat under pan to medium high. Stir in stock concentrates, cheese roux, and ½ cup water (¾ cup for 4 servings). Cook, stirring, until thickened, 1-2 minutes.
- Remove pan from heat. Stir in cream cheese, sour cream, half the Parmesan, and 1 TBSP butter (2 TBSP for 4). (Add a splash of water if farrotto seems too thick.) Season with salt and pepper.



3 PREP

- Meanwhile, halve, peel and finely chop onion. Peel and mince or grate garlic. Pick sage leaves from stems; thinly slice half the leaves and finely chop remaining half.

- 🇺🇸 Open package of chicken* and drain off any excess liquid; cut into bite-size pieces if necessary. Season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or sausage*; cook, stirring frequently, until cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



6 SERVE

- Divide farrotto between bowls. Top with remaining squash, remaining Parmesan, and as much sliced sage as you like. Serve.
- 🇺🇸 Serve chicken or sausage
- 🇨🇦 atop farrotto.

🇺🇸 *Chicken is fully cooked when internal temperature reaches 165°.

🇨🇦 *Chicken Sausage is fully cooked when internal temperature reaches 165°.