



# Herby Ricotta-Topped Farro

with Beets, Squash and Honey Pepitas

Veggie 30 Minutes



Ricotta Cheese



Farro



Butternut Squash, cubes



Chives



Pepitas



Honey



Parsley



Beet



White Wine Vinegar



Baby Spinach



Vegetable Broth Concentrate

HELLO RICOTTA

*This versatile soft cheese can be used for savoury and sweet applications!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, spatula, vegetable peeler

## Ingredients

	2 Person	4 Person
Ricotta Cheese	100 g	200 g
Farro	½ cup	1 cup
Butternut Squash, cubes	170 g	340 g
Chives	7 g	14 g
Pepitas	28 g	56 g
Honey	1 tbsp	2 tbsp
Parsley	7 g	14 g
Beet	226 g	452 g
White Wine Vinegar	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Vegetable Broth Concentrate	1	2
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Roast veggies

Peel, then cut **beets** into ¼-inch pieces. Add **squash, beets** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt and pepper**, then toss to combine. Roast **veggies** in the **middle** of the oven, tossing halfway through, until tender and golden brown, 20-22 min.



## Make honey pepitas

Heat a large non-stick pan over medium heat. When hot, add **pepitas** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Add **half the honey** and **¼ tsp salt** (dbl for 4 ppl) to the pan with **pepitas**. Remove the pan from heat, then stir to coat **pepitas** using a spatula. Carefully transfer **honey pepitas** to another parchment-lined baking sheet. Arrange in a single layer. Set aside.



## Cook farro

While **veggies** roast, add **farro, broth concentrate, ⅛ tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 16-18 min. Drain **farro** and set aside.



## Mix herbed ricotta

Stir together **ricotta, parsley, chives, remaining honey, ¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a small bowl.



## Finish prep and make dressing

While **farro** cooks, roughly chop **parsley**. Thinly slice **chives**. Whisk together **vinegar, 2 tbsp oil** and **¼ tsp sugar** (dbl both for 4 ppl) in a large bowl. Set aside.



## Finish and serve

Add **farro** and **spinach** to the large bowl with **dressing**. Toss to coat until **spinach** wilts slightly, 1 min. Divide **farro mixture** between plates. Top with **roasted veggies**. Dollop **herbed ricotta** over top. Sprinkle with **honey pepitas**.

## Dinner Solved!