

# **INGREDIENTS**

2 PERSON | 4 PERSON



34 Cup | 1½ Cups Farro Contains: Wheat





Yellow Onion



1 tsp | 2 tsp



**Dried Cranberries** 



¼ Cup | ½ Cup Parmesan Cheese Contains: Milk



Veggie Stock Concentrate



**Sweet Potatoes** 



1 | 2



2 oz | 4 oz Watercress



Pepitas

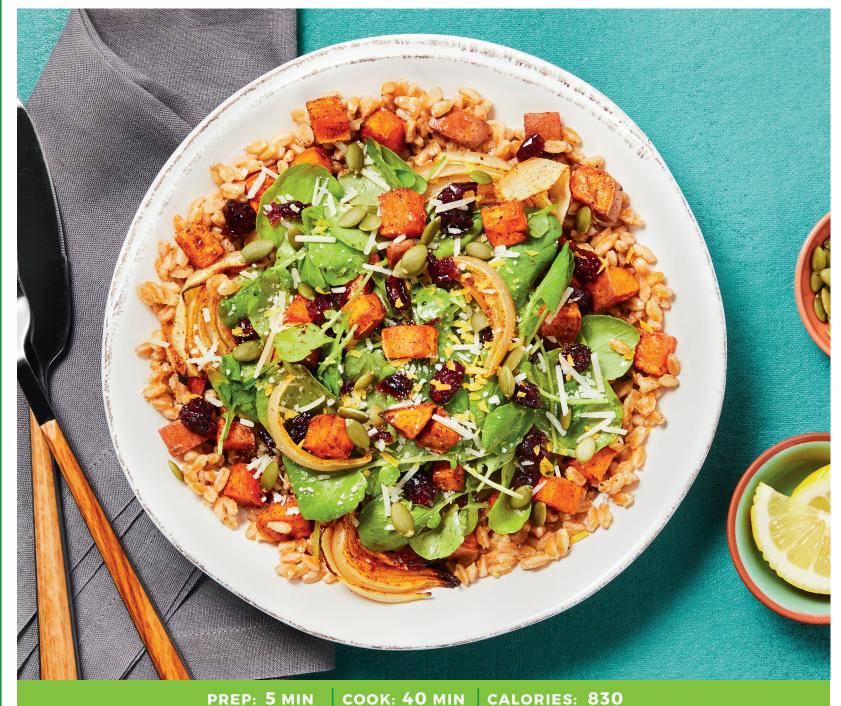
# HELLO

# **PEPITAS**

These hulled pumpkin seeds (no shelling required!) add a satisfying crunch.

# **ROASTED SWEET POTATO FARRO BOWLS**

with Pepitas & Marinated Cranberries



COOK: 40 MIN CALORIES: 830



#### **FARRO-M-G**

Farro is an ancient grain that boasts a nutty flavor and deliciously springy texture.

To guarantee it's cooked to perfection (i.e., not too chewy or too soft), have a tasting spoon nearby! Try a piece after 25 minutes, like you're testing pasta for al dente doneness. Plus, be sure to keep an eye on the liquid level—if it's looking low before the farro is just right, simply add a splash more water.

#### **BUST OUT**

- Baking sheet
- Medium pot
- 2 Large bowls
- Zester
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 TBSP | 2 TBSP)
- Sugar (1 tsp | 2 tsp)
- Butter (2 TBSP | 4 TBSP)

  Contains: Milk

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## 1 COOK FARRO

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



## **2 PREP & ROAST VEGGIES**

- Meanwhile, wash and dry produce.
- Halve, peel, and cut onion into 1-inch-thick wedges. Dice sweet potatoes into ½-inch pieces. Toss veggies in a large bowl with a large drizzle of oil, chili powder, salt, and pepper. Carefully spread out on prepared baking sheet.
- Roast until browned and tender, 20-25 minutes.



# **3 MARINATE CRANBERRIES**

- While veggies roast, zest and quarter lemon (for 4 servings, zest one lemon and quarter both).
- In a small bowl, combine juice from 2 lemon wedges and 1 tsp sugar (4 lemon wedges and 2 tsp sugar for 4).
   Stir in cranberries.
- Let marinate, stirring occasionally, at least 15 minutes.



## **4 MAKE DRESSING**

 Once cranberries are marinated, transfer lemon juice marinade to a second large bowl (leaving cranberries in small bowl). Whisk 1 TBSP olive oil (2 TBSP for 4 servings) into bowl with marinade; taste and season with salt and pepper.



# **5 FINISH FARRO & MAKE SALAD**

- Stir 2 TBSP butter (4 TBSP for 4 servings), half the roasted veggies, and half the dressing into pot with farro. Season with salt and pepper.
- To bowl with remaining dressing, add watercress, marinated cranberries, and remaining roasted veggies; toss to coat. Season with salt and pepper.



Divide farro mixture between bowls.
 Top with salad. Sprinkle with
 Parmesan, pepitas, and as much
 lemon zest as you like. Serve with
 remaining lemon wedges on the side.