



# ROASTED SWEET POTATO FARRO BOWLS

with Pepitas & Marinated Cranberries

## INGREDIENTS

2 PERSON | 4 PERSON



**¾ Cup | 1½ Cups**  
Farro  
Contains: Wheat



**1 | 2**  
Veggie Stock  
Concentrate



**1 | 2**  
Yellow Onion



**2 | 4**  
Sweet Potatoes



**1 tsp | 2 tsp**  
Chili Powder



**1 | 2**  
Lemon



**1 oz | 2 oz**  
Dried Cranberries



**2 oz | 4 oz**  
Watercress



**¼ Cup | ½ Cup**  
Parmesan Cheese  
Contains: Milk



**½ oz | 1 oz**  
Pepitas

## HELLO

### PEPITAS

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



**PREP: 5 MIN | COOK: 40 MIN | CALORIES: 830**





# HELLO FRESH

## 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.**



## 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**.



## 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.



## 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**.



## 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.



## 6 SERVE

- 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.