



# ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries and Salsa Verde Sunflower Pepitas



## HELLO FARRO

Full of nutty flavor, this ancient grain is perfect for absorbing a lemony dressing.

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 860





## START STRONG

Give the dried cranberries time to marinate in step 3—it's absolutely worth the wait. Not only will their texture turn soft and velvety, but also the berry-infused marinade will make a delicious base for your salad dressing.

## BUST OUT

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

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Farro **¾ Cup** | **1½ Cups**
- Veggie Stock Concentrate **1** | **2**
- Yellow Onion **1** | **2**
- Sweet Potatoes **2** | **4**
- Chili Powder **1 tsp** | **2 tsp**
- Lemon **1** | **2**
- Dried Cranberries **1 oz** | **2 oz**
- Arugula **2 oz** | **4 oz**
- Parmesan Cheese **¼ Cup** | **½ Cup**
- Salsa Verde Sunflower Pepitas **½ oz** | **1 oz**

## WINE CLUB

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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). Boil 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 AND ROAST VEGGIES

Meanwhile, **wash and dry all 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**. Spread out on prepared baking sheet. Roast until browned and tender, 20-25 minutes.



## 5 FINISH FARRO AND 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 **arugula, cranberries**, and remaining **roasted veggies**; toss to coat. Season with **salt** and **pepper**.



## 3 MARINATE CRANBERRIES

While veggies roast, zest and quarter **lemon** (quarter both lemons for 4 servings). In a small bowl, combine **1 tsp sugar** (2 tsp for 4) and juice from **2 lemon wedges** (4 wedges 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.

## LET IT LINGER

Love the tangy marinated cranberries? Try making them again for topping yogurt or oatmeal.

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