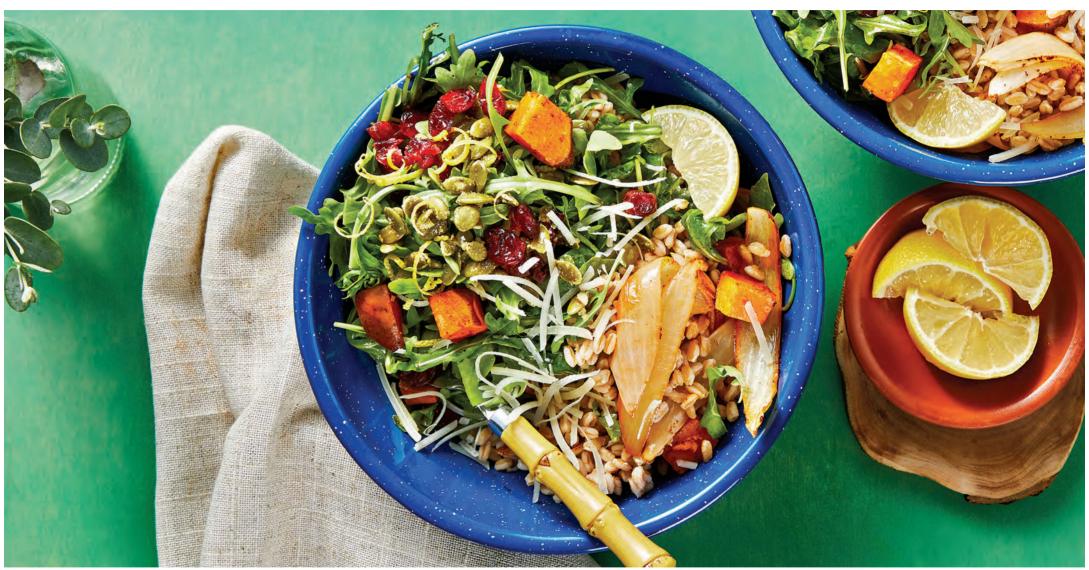


ROASTED VEGGIE FARRO BOWLS

with Marinated Cranberries and Salsa Verde Sunflower Pepitas



HELLO

FARRO

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



TOTAL: 40 MIN CALORIES: 860



Farro (Contains: Wheat)



Veggie Stock Concentrate



Yellow Onion



Sweet Potatoes



Chili Powder



Lemon



Dried Cranberries



Arugula



Parmesan Cheese (Contains: Milk)



Salsa Verde Sunflower Pepitas

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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)

INGREDIENTS

Ingredient 2-person | 4-person

Farro

3/4 Cup | 11/2 Cups

Veggie Stock Concentrate

 Yellow Onion Sweet Potatoes

2 | 4

1|2

Chili Powder

1tsp | 2tsp

Lemon

• Dried Cranberries

1 oz | 2 oz

Arugula

2 oz | 4 oz

· Parmesan Cheese

1/4 Cup | 1/2 Cup

· Salsa Verde Sunflower Penitas

½ oz | 1 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.







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 31/2 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.



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.



PREP AND ROAST VEGGIES

Meanwhile, wash and dry all produce. Halve, peel, and cut **onion** into 1-inchthick 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.



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.



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.



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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