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Zucchini and Asparagus Farro Bowl with Parmesan and Lemon

Fun fact about farro: the grain has roots from ancient times when it was used by the early Egyptians. Today, it's a popular Italian staple that has attracted the attention of chefs around the world for its dense, chewy texture and nutty flavor. We made it into a risotto-style dish with Parmesan, veggies, a kick of citrus flavor, and a sprinkle of walnuts.



Prep: 10 min
Total: 40 min



level 1



veggie



Farro



Asparagus



Yellow
Onion



Garlic



Zucchini



Veggie Stock
Concentrate



Lemon



Parmesan
Cheese



Walnut
Pieces

Ingredients

		2 People	4 People
Farro	1)	¾ Cup	1½ Cups
Asparagus		6 oz	12 oz
Yellow Onion		1	2
Garlic		2 Cloves	4 Cloves
Zucchini		1	2
Veggie Stock Concentrates		2	4
Lemon		1	2
Parmesan Cheese	2)	¼ Cup	½ Cup
Walnut Pieces	3)	1 oz	2 oz
Butter*	2)	1 T	2 T
Oil*		1 T	2 T

*Not Included

Allergens

1) Wheat

2) Milk

3) Tree Nuts

Tools

Medium pot, Zester, Baking sheet, Large pan, Strainer

Nutrition per person Calories: 525 cal | Fat: 27 g | Sat. Fat: 9 g | Protein: 20 g | Carbs: 59 g | Sugar: 8 g | Sodium: 575 mg | Fiber: 10 g

2



1 Cook the farro: In a medium pot, combine the **farro**, **stock concentrates**, and **4 cups water**. Bring to a boil and cook 30-35 minutes, until tender.

2



2 Prep the remaining ingredients: **Wash and dry all produce.** Preheat the broiler to high or oven to 500 degrees. (**HINT:** If you have a grill, you can use it to cook the veggies!) Trim and discard the bottom inch of the **asparagus**. Next, cut the asparagus in half widthwise, then chop the bottom halves into ½-inch pieces. Slice the **zucchini** into rounds. Mince or grate the **garlic**. Halve, peel, and finely dice the **onion**. Zest and halve the **lemon**.

3



3 Broil the veggies: Toss the **asparagus tops** and **zucchini** on a baking sheet with a large drizzle of **olive oil**. Season generously with **salt** and **pepper**. Place under the broiler for 6-10 minutes, turning once, until slightly charred. Roughly chop half the **zucchini**.

4



4 Cook the aromatics: Meanwhile, heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **onion** and cook, tossing, for 3-4 minutes, until softened and translucent. Add the **garlic** and cook, tossing, another minute, until fragrant. Add the ½-inch **asparagus** pieces to the pot with the **farro** during the last 5 minutes of cooking. Drain.

5 Finish the dish: Add the drained **farro** and **asparagus** to the pan with the **onion** and **garlic**. Stir in the chopped **zucchini**, the juice of **half a lemon**, **half the Parmesan cheese**, and **1 Tablespoon butter**. Season with **salt** and **pepper**.

6 Plate: Divide the **farro** between bowls. Top with the **zucchini rounds** and **asparagus tops**. Sprinkle with **lemon zest**, **walnut pieces**, and the remaining **Parmesan cheese**. Enjoy!