



IN YOUR BOX

¾ cup Semi-Pearled Farro
8 oz. Asparagus
4 oz. Grape Tomatoes
1 Shallot
4 oz. Stringless Sugar Snap Peas
½ fl. oz. Champagne Vinegar
½ oz. Dijon Mustard
1 oz. Goat Cheese Crumbles
½ oz. Honey Roasted Sunflower Seeds

NUTRITION *per serving* 74g carbohydrates 28g fat 17g protein 980mg sodium | low-calorie, vegetarian, soy-free, nut-free



Calories
583



Prep & Cook Time
35-45 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Wire-Mesh Strainer
Medium Pot
Mixing Bowl

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HOME CHEF

Farro Salad with Asparagus

with Dijon vinaigrette

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Place a wire-mesh strainer in the sink
- Preheat oven to **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- If **farro** isn't tender after 30 minutes of cooking, cook another 5 minutes and add 2 Tbsp. **water** if none remains.

FROM THE CHEF

This meal is full of texture. Farro is done cooking when tender with a little crunch, like al dente pasta. Likewise, roasted vegetables should still have a little “bite” to them for maximum deliciousness.

Did you know...

Farro is not actually one type of whole grain but three: spelt, emmer, and einkorn. Whole grains have been shown to reduce your risk of heart disease, obesity, and improve digestive health.



Cook the Farro

Bring a medium pot with **farro** and 2 cups **water** to a boil over high heat. Reduce heat to medium-low, cover, and simmer 25-30 minutes, or until farro is tender. Drain well in wire-mesh strainer and set aside to cool. Season with ¼ tsp. **salt** and a pinch of **pepper**.



Prepare the Ingredients

Trim woody ends off **asparagus** and cut into 1” lengths on an angle. Halve **grape tomatoes**. Peel and halve **shallot**. Cut into ¼” slices.



Roast the Vegetables

Place **asparagus**, **grape tomatoes**, **shallots**, and **sugar snap peas** on prepared baking sheet. Drizzle with 1 Tbsp. **olive oil** and ½ tsp. **salt**, toss to coat, and spread into a single layer. Roast 8-10 minutes, or until asparagus is tender but slightly crisp. Remove from oven and set aside.



Make the Dressing

Whisk together **Champagne vinegar**, **Dijon mustard**, 1 Tbsp. **water**, 2 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a large mixing bowl.



Plate the Dish

Add **farro** and **vegetables** to bowl with dressing and toss together. Place a mound of **salad** in the center of a plate. Garnish with **goat cheese** and **sunflower seeds**.