



NUTRITION *per serving* 84g carbohydrates 19g fat 13g protein 1212mg sodium | low-calorie, vegetarian, dairy-free, soy-free, shellfish-free



Calories
539



Prep & Cook Time
40-50 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

¾ cup Semi-Pearled Farro
4 oz. Baby Spinach
8 oz. Carrot
8 oz. Brussels Sprouts
2 Shallots
2 fl. oz. Seasoned Rice Vinegar
1 fl. oz. Balsamic Vinegar
1 oz. Honey
1 oz. Pecan Halves

IN YOUR KITCHEN

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

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Balsamic-Honey Brussels and Farro Bowl

with pecans, roasted carrot ribbons, and pickled shallots

BEFORE YOU COOK

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

WHILE YOU COOK

- Ten minutes is the minimum time for **shallots** to pickle. The longer they sit, the tastier they will be!

FROM THE CHEF

Be careful not to burn honey balsamic syrup. After 2-3 minutes, remove from burner. When bubbles subside, check level of reduction. It should be the consistency of breakfast syrup; if not, place it back on the burner for a minute or two.

Did you know...

Farro comes from a variety of wheat that has grown in the Fertile Crescent for millennia. It's high in protein, fiber, and a host of nutrients like magnesium and iron.



1

Cook the Farro

Bring a small pot with **farro**, 1 ½ cups **water**, and ¼ tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until tender, 18-22 minutes. Drain in wire-mesh strainer (there may not be any excess water). Return to pot and return pot to medium heat. Stir in **spinach** and 2 tsp. **olive oil**. Cook until spinach is wilted, 1-3 minutes. Season with ¼ tsp. **salt** and a pinch of **pepper** and remove from burner. While farro simmers, prepare ingredients.



2

Prepare the Ingredients

Peel **carrot**, and using peeler, shave into long, thin ribbons. Discard top. Trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than ping pong balls). Peel and slice **shallots** into very thin rounds.



3

Pickle the Shallots

In a small mixing bowl, combine **shallots** and **seasoned rice vinegar**. Set aside to pickle at least 10 minutes.



4

Roast Carrots and Cook Brussels Sprouts

Place **carrot ribbons** on baking sheet. Toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** and spread into a single layer. Roast until lightly browned, 6-9 minutes. Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **Brussels sprouts** to hot pan. Cook, stirring occasionally, until browned and tender, 4-6 minutes. Season with ¼ tsp. **salt** and a pinch of **pepper**. Remove to plate and reserve pan. No need to wipe clean.



5

Make the Syrup

Return pan used to cook Brussels sprouts to medium-high heat. Add **balsamic vinegar** and **honey** and bring to a boil. Boil, stirring occasionally, until reduced to a syrup, 3-5 minutes. Remove from burner. Add **Brussels sprouts** and toss to coat in syrup.



6

Plate the Dish

Place **farro-spinach mixture** on a plate. Top with roasted **carrot ribbons**. Place **Brussels sprouts** on top of carrots and spoon **honey balsamic syrup** over them. Garnish with **pecan halves** and pickled **shallots**.