



**NUTRITION** *per serving* 69g carbohydrates 24g fat 20g protein 1202mg sodium | calorie-conscious, vegetarian



Calories  
**555**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**7 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

¾ cup Semi-Pearled Farro  
1 Broccoli Crown  
1 Red Onion  
4 oz. Grape Tomatoes  
¼ oz. Parsley  
1 Lemon  
¾ oz. Pine Nuts  
1 oz. Shaved Parmesan

**CONTAINS:** milk, wheat, tree nuts (pine nuts)

*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
Small Pot  
Wire-Mesh Strainer  
Small Pan

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## Italian Farro Bowl

with roasted broccoli, pine nuts, and Parmesan

## 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- **Heads Up! Parmesan** is used twice. Half is added to **farro** and remaining garnishes dish.

## FROM THE CHEF

Want to get the most juice out of your lemon? Before cutting, we recommend microwaving the lemon for 15-20 seconds to “soften” the fruit. Then, gently roll the softened fruit on your work surface while pressing on it with your palm. Finally, give yourself some serious mechanical advantage by placing a cut half in between the arms of a pair of tongs to make squeezing much easier.

### 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.



## Cook the Farro

Bring a small pot with **farro**, 1½ cups **water**, and ½ tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until tender, 22–26 minutes. Drain any excess water with a wire-mesh strainer (there may not be any excess water). Return farro to pot, cover, and remove from burner. Set aside. While farro cooks, prepare ingredients.



## Toast the Pine Nuts

Heat a small pan over medium heat. Add **pine nuts** to hot, dry pan and stir occasionally until nuts are aromatic and golden brown, 2-4 minutes. Immediately remove toasted nuts from pan to prevent burning.



## Prepare the Ingredients

Cut **broccoli** into 1” florets. Peel **onion** and slice into ¼” thick rounds. Separate rounds into rings. Halve **grape tomatoes**. Stem and mince **parsley**. Zest **lemon**, halve, and juice.



## Finish the Farro

Stir in **parsley**, 2 tsp. **lemon juice**, 2 tsp. **olive oil**, half the **Parmesan** (reserve remaining for garnish), and ½ tsp. **lemon zest** to pot with **farro**. Add **salt** and **pepper** to taste.



## Roast the Vegetables

Toss **broccoli**, **onion**, **tomatoes**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** on prepared baking sheet. Spread into a single layer (some overlap is ok) and roast until vegetables are charred, 16–20 minutes. While vegetables roast, toast pine nuts.



## Finish the Dish

Plate dish as pictured on front of card, garnishing with **pine nuts** and remaining **Parmesan**. Bon appétit!