



In your box

2 Green Onions
1 Avocado
¾ cup Semi-Pearled Farro
2 Persian Cucumbers
4 oz. Grape Tomatoes
1 fl. oz. Seasoned Rice Vinegar
1 Tbsp. Chopped Ginger
1 Tbsp. Miso Paste
2 oz. Baby Arugula



Avocado Detox Farro Bowl

with cucumber and miso-ginger vinaigrette

NUTRITION per serving—Calories: 598, Carbohydrates: 80g, Fat: 29g, Protein: 17g, Sodium: 1607mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
20-30 min.

Cook Within
5 days

Difficulty Level ● ● ● ●
Easy

Spice Level ● ● ● ●
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Small Pot, Wire-Mesh Strainer, 2 Mixing Bowls

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Thoroughly rinse produce and pat dry
- ☐ Ingredient(s) used more than once: **green onions**
- ☐ Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.



1

Cook the Farro

- Bring a small pot with **farro**, 1½ cups **water**, and ¼ tsp. **salt** to a boil. Reduce to a simmer, cover, and cook until tender, 18-22 minutes.
- Drain farro in a wire-mesh strainer (there may not be any excess water).
- While farro cooks, prepare ingredients.



2

Prepare the Ingredients

- Trim **cucumbers** and cut into ¼" rounds.
- Halve **tomatoes** lengthwise.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.



3

Prepare the Avocado

- Halve **avocado** and remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit.
- Scoop out the flesh with a spoon. Cut avocado flesh into ½" dice.



4

Make the Dressing

- Add **seasoned rice vinegar**, 2 Tbsp. **olive oil**, **ginger**, **miso**, ½ tsp. **salt**, and ¼ tsp. **pepper** to a mixing bowl.
- Stir until miso is completely combined.



5

Finish the Dish

- Combine **cucumber**, **tomatoes**, **avocado**, **arugula**, and **white portions of green onions** in another mixing bowl. Season with a pinch of **salt**.
- Plate dish as pictured on front of card, drizzling with **dressing** and garnishing with **green portions of green onions**. Bon appétit!