



In your box

- ¾ cup Semi-Pearled Farro
- 4 oz. Kale
- 1 Granny Smith Apple
- 1 Persian Cucumber
- 2 oz. Sour Cream
- 2 Tbsp. Basil Pesto
- 1 oz. Roasted Salted Cashews
- 3 oz. Peas

CONTAINS milk, wheat, tree nuts
(cashews)



Green Goddess Buddha Bowl

with apple and cashews

NUTRITION per serving—Calories: 603, Carbohydrates: 79g, Fat: 25g, Protein: 19g, Sodium: 1122mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○ ○
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Small Pot, Wire-Mesh Strainer, Mixing Bowl, Medium Non-Stick Pan

👑 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



1

Cook the Farro

- Bring a small pot with **farro** and 1½ cups **water** 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). Return to pot and season with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- While farro cooks, prepare ingredients.



2

Prepare the Ingredients

- Stem **kale** and coarsely chop.
- Quarter **apple** and remove core. Cut into ½” dice.
- Trim **cucumber**, quarter lengthwise, and cut into ¼” pieces.
- In a mixing bowl, make green goddess dressing by combining **sour cream**, **pesto**, and ¼ tsp. **salt**.



3

Toast the Cashews

- Place a medium non-stick pan over medium heat. Add **cashews** to hot, dry pan and cook until lightly toasted, 3-5 minutes.
- Immediately remove cashews to a plate to prevent burning.
- Wipe pan clean and reserve.



4

Cook the Kale

- Return pan used to toast cashews to medium heat and add 2 tsp. **olive oil** to hot pan.
- Add **kale** and stir occasionally until wilted, 3-4 minutes.
- Stir in **peas** and cook until peas are warmed through, 1-2 minutes.
- Remove from burner and season with ¼ tsp. **salt** and **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, starting with **farro**, **kale**, and **peas**, and garnishing with **apple**, **cucumber**, **cashews**, and **green goddess dressing**. Bon appétit!