



In your box

2 tsp. Mirepoix Base
2 Tbsp. Roasted Red Pepper Pesto
1 Red Onion
¾ cup Semi-Pearled Farro
8 oz. Cubed Butternut Squash
4 oz. Kale
4 oz. Burrata Cheese



Burrata and Farro Bowl

with butternut squash and roasted red pepper pesto

NUTRITION per serving—Calories: 638, Carbohydrates: 82g, Fat: 26g, Protein: 28g, Sodium: 947mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level 
Easy

Spice Level 
Not Spicy

You will need

Olive Oil, Salt, Pepper

Small Pot, 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**, 1½ cup **water**, **mirepoix base**, ¼ tsp. **salt**, and a pinch of **pepper** to a boil.
- Reduce to a simmer, cover, and cook until farro is tender, 18-22 minutes.
- Remove from burner and set aside.
- While farro cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve and peel **onion**. Slice halves into thin strips.
- Stem **kale** and coarsely chop.
- Halve **burrata** and season with a pinch of **salt** and **pepper**.



3

Start the Vegetables

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **butternut squash** and **onions** to hot pan. Cover, and stir often until tender and lightly browned, 10-12 minutes.



4

Finish the Vegetables

- Add 1 tsp. **olive oil**, **kale**, ¼ tsp. **salt**, and a pinch of **pepper** to pan. Stir often until kale is wilted and tender, 3-4 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **farro** with **vegetables** and **burrata**. Garnish with **roasted red pepper pesto**. Bon appétit!