



ROASTED VEGGIE FARRO BOWL

with Marinated Cranberries and Salsa Verde Sunflower Pepitas



HELLO ARUGULA

Nicely sharp with a peppery edge, arugula adds instant zing to this dish.

PREP: 5 MIN | TOTAL: 40 MIN | CALORIES: 880



START STRONG

Give the dried cranberries time to marinate in step 3—it's absolutely worth the wait. Not only will their texture turn soft and velvety, the berry-infused marinade makes a delicious base for your salad dressing.

BUST OUT

- Baking sheet
- Zester
- Medium pot
- Small bowl
- Sugar (1 tsp | 2 tsp)
- Large bowl
- Vegetable oil (2 tsp | 4 tsp)
- Olive oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Farro $\frac{3}{4}$ Cup | 1½ Cups
- Veggie Stock Concentrate 1 | 2
- Yellow Onion 1 | 2
- Sweet Potatoes 2 | 4
- Chili Powder  1 tsp | 2 tsp
- Lemon 1 | 2
- Dried Cranberries 1 oz | 2 oz
- Arugula 2 oz | 4 oz
- Parmesan Cheese $\frac{1}{4}$ Cup | $\frac{1}{2}$ Cup
- Salsa Verde Sunflower Pepitas 1 oz | 2 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)







1 COOK FARRO

Adjust oven rack to top position, then place a baking sheet inside. Preheat oven to 425 degrees. Place **farro, stock concentrate, and 4 cups water** in a medium pot. Boil until farro is tender, about 30 minutes. **TIP:** If water evaporates before farro is cooked, add a splash more.



4 MAKE DRESSING

Once **cranberries** have marinated 15 minutes, transfer **lemon juice mixture** to a large bowl. (Leave cranberries in small bowl.) Whisk **1 TBSP olive oil** into lemon juice mixture; season with **salt and pepper**.



2 PREP AND ROAST VEGGIES

Meanwhile, **wash and dry all produce**. Halve, peel, and cut **onion** into 1-inch wedges. Dice **sweet potatoes** into ½-inch pieces. Toss veggies in a large bowl with **chili powder**, a large drizzle of **oil, salt, and pepper**. Transfer to preheated sheet. Roast until browned and tender, 20-25 minutes.



5 FINISH FARRO AND MAKE SALAD

Stir **2 TBSP butter**, half the **roasted veggies**, and half the **dressing** into **farro**. Season with **salt and pepper**. Add **arugula, cranberries**, and remaining dressing; toss to coat. Season with salt and pepper.



3 MARINATE CRANBERRIES

While veggies roast, zest 1 tsp zest from **lemon**; quarter lemon. In a small bowl, combine **1 tsp sugar** and juice from 2 lemon wedges. Stir in **cranberries**. Let marinate, stirring, for 15 minutes.



6 SERVE

Divide **farro mixture** between bowls. Top with **arugula mixture**. Sprinkle with **Parmesan, lemon zest**, and **Salsa Verde Sunflower Pepitas**. Serve with remaining **lemon wedges** for squeezing over.

SQUEEZE ME TIGHT

We love finishing our grain bowls with a squeeze of lemon to brighten the mood.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK1NJ-8