



FARRO AND HALLOUMI SALAD

with Fig Dressing, Veggies and Toasted Almonds

VEGGIE



HELLO HALLOUMI

This salty, unripened cheese has a high melting point that makes it ideal for pan-frying or grilling

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 775**



Halloumi Cheese



Red Onion,
chopped



Yellow Bell
Pepper



Farro



Almonds, sliced



Fig Jam



Balsamic Vinegar



Vegetable Broth
Concentrate



Baby Spinach



Thyme



Dijon Mustard

BUST OUT

- Large Bowl
- Paper Towel
- Measuring Spoons
- Whisk
- Large Non-Stick Pan
- Salt and Pepper
- Medium Pot
- Olive or Canola oil
- Strainer

INGREDIENTS

2-person | 4-person

- Halloumi Cheese **2** 200 g | 400 g
- Red Onion, chopped 56 g | 113 g
- Yellow Bell Pepper 160 g | 320 g
- Farro **1** ¾ cup | 1 ½ cup
- Almonds, sliced **5** 28 g | 56 g
- Fig Jam 1 tbsp | 2 tbsp
- Balsamic Vinegar **9** 1 tbsp | 2 tbsp
- Vegetable Broth Concentrate 1 | 2
- Baby Spinach 56 g | 113 g
- Thyme 10 g | 10 g
- Dijon Mustard **6,9** 1 ¼ tsp | 2 ½ tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

START STRONG

Get your farro cooking right away so it's ready when you need it!



1 COOK FARRO
Wash and dry all produce.* In a medium pot, add the **farro**, **broth concentrate(s)** and cover with 2-inches of **water**. Bring to a boil over medium-high heat. Reduce the heat to medium-low and cook until **farro** is tender, 14-16 min. (Drain the farro when it's done cooking.)



4 COOK VEGGIES
Add **1 tsp oil** (dbl for 4 ppl) to the same pan, then the **onion**, **peppers** and **thyme**. Cook, stirring occasionally, until the **peppers** are tender-crisp, 4-5 min.



2 PREP
Meanwhile, strip **1 tbsp thyme leaves** (dbl for 4 ppl) from the stems. Core then, cut the **bell pepper(s)** into ½-inch cubes. Cut the **halloumi** into ¼-inch thin slices. Rinse the **halloumi slices** under tap water, then pat them dry with paper towels. (**TIP:** This will reduce the saltiness of the cheese.)



5 ASSEMBLE SALAD
Meanwhile, in a large bowl, whisk together the **fig jam**, **mustard**, **1 tbsp vinegar** (dbl for 4 ppl) and **2 tbsp oil** (dbl for 4 ppl). Toss in the **farro**, **pepper mixture**, **spinach** and **half the almonds**. Season with **salt** and **pepper**.



3 COOK HALLOUMI
Heat a large non-stick pan over medium heat. When the pan is hot, add the **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on the almonds so they don't burn!) Transfer to a plate. Add the **halloumi** to the dry pan and cook until golden-brown, 1-3 min per side. Transfer to the same plate and set aside. (**NOTE:** Cook the halloumi in two batches for 4 ppl.)



6 FINISH AND SERVE
Divide the **farro salad** between plates. Top with the **halloumi**. Sprinkle over **remaining almonds**.

NUTTY!

Toasted almonds add a perfect nutty crunch to this salad!