



Farro and Halloumi Salad

with Fig Dressing, Veggies and Toasted Almonds

Veggie

30 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Halloumi Cheese



Chicken Breasts



Red Onion



Sweet Bell Pepper



Farro



Almonds, sliced



Fig Spread



Balsamic Vinegar



Vegetable Broth Concentrate



Baby Spinach



Thyme



Dijon Mustard

HELLO HALLOUMI

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

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, strainer, medium pot, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Halloumi Cheese	200 g	400 g
Chicken Breasts *	2	4
Red Onion	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Farro	½ cup	1 cup
Almonds, sliced	28 g	28 g
Fig Spread	2 tbsp	4 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Baby Spinach	113 g	227 g
Thyme	7 g	7 g
Dijon Mustard	1 ½ tsp	3 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook farro

- Add **farro**, **broth concentrate** and **3 cups water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 14-16 min.
- When **farro** is done, drain and set aside.

If you've opted to add **chicken breasts**, while the **farro** cooks, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **chicken**. Pan fry one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**



Cook veggies

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



Prep

- Meanwhile, strip **1 tbsp thyme leaves** (dbl for 4 ppl) off stems.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Core, then cut **pepper** into ½-inch pieces.
- Cut **halloumi** into ¼-inch-thick slices. Rinse **halloumi** under **cold water**, then pat dry with paper towels. (**TIP:** This will reduce the saltiness of the cheese.)



Assemble salad

- Meanwhile, whisk together **Dijon**, **vinegar**, **1 tbsp fig spread** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl.
- Add **farro**, **veggies**, **spinach** and **half the almonds**. Season with **salt** and **pepper**, then toss to coat.



Cook halloumi and almonds

- Heat a large non-stick pan over medium heat.
- When hot, add **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 **halloumi** to the same pan. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl.)
- Pan-fry until golden-brown, 1-3 min per side. Transfer **halloumi** to the plate with the **almonds** and set aside.



Finish and serve

- Divide **farro salad** between plates. Top with **halloumi**.
- Sprinkle with **remaining almonds**.
- Spoon **remaining fig spread** over top, if desired.

Thinly slice **chicken**. Top plates with **chicken**.

Dinner Solved!