



Garlicky Mixed Mushroom Farro Bowl

with Goat Cheese and Walnuts

Veggie

30 Minutes



Mixed Mushrooms



Mushrooms



Farro



Garlic



Arugula and Spinach Mix



Vegetable Broth Concentrate



Walnuts, chopped



Goat Cheese



Balsamic Glaze

HELLO MIXED MUSHROOMS

A delicious savoury combo of cremini, white button, and oyster mushrooms!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium non-stick pan, measuring spoons, strainer, medium pot, large bowl, parchment paper, measuring cups, whisk

Ingredients

	2 Person	4 Person
Mixed Mushrooms	200 g	400 g
Mushrooms	113 g	227 g
Farro	½ cup	1 cup
Garlic	6 g	12 g
Arugula and Spinach Mix	56 g	113 g
Vegetable Broth Concentrate	1	2
Walnuts, chopped	28 g	56 g
Goat Cheese	56 g	112 g
Balsamic Glaze	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

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Prep and make dressing

Quarter **mushrooms**. Peel, then mince or grate **garlic**. Whisk together **half the balsamic glaze** and **2 tbsp oil** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



Roast mushrooms

Add **mushrooms, garlic** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, stirring halfway through cooking, until golden, 18-20 min.



Cook farro

While **mushrooms** roast, add **farro, broth concentrate** and **3 cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high. Once boiling, reduce the heat to medium-low. Simmer uncovered, until **farro** is tender, 16-18 min. Drain and transfer to bowl with **dressing**. Toss to combine.



Toast walnuts

While **farro** cooks, heat a medium non-stick pan over medium heat. When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP**: Keep your eye on them so they don't burn!)



Finish and serve

Add **arugula and spinach mix** to the bowl with **farro**. Toss to combine. Divide **salad** between bowls. Top with **mushroom mixture**. Crumble **goat cheese** over top and sprinkle with **walnuts**. Drizzle **remaining balsamic glaze** over top.

Dinner Solved!