



Grain, Cranberry and Apple Salad

with Creamy Curry Dressing and Honey-Candied Walnuts

Veggie

Quick

25 Minutes



Sweet Potato



Farro



Dried Cranberries



Indian Spice Mix



Greek Yogurt



Granny Smith Apple



Celery



Arugula and Spinach Mix



Honey



Walnuts, chopped



White Wine Vinegar

HELLO FARRO

An ancient grain that's full of nutty flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

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

Ingredients

	2 Person	4 Person
Sweet Potato	170 g	340 g
Farro	½ cup	1 cup
Dried Cranberries	¼ cup	½ cup
Indian Spice Mix	1 tbsp	2 tbsp
Greek Yogurt	100 ml	200 ml
Granny Smith Apple	1	2
Celery	3	6
Arugula and Spinach Mix	56 g	113 g
Honey	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Sugar*	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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**, **1 tsp salt** and **3 cups water** (dbl both 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, 16-18 min. When **farro** is done, drain, then rinse with **cold water**. Drain well, once more. Set aside.



Candy walnuts

Add **½ tbsp honey** and **½ tbsp sugar** (dbl both for 4 ppl) to the same pan. Stir until warmed through, 1-2 min. Return **walnuts** to the pan. Cook, stirring often, until **mixture** turns into a **thick caramel-like glaze** and coats **walnuts**, 1-2 min. Season with **salt**. Remove the pan from heat. Carefully transfer **candied walnuts** to the prepared parchment paper, then spread into an even layer. (**NOTE:** Don't touch nuts - they will be VERY hot.) Set aside to cool for 5 min.



Roast sweet potatoes

While **farro** cooks, cut **sweet potato** into ½-inch pieces. Add **sweet potatoes**, **half the Indian Spice Mix** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 18-20 min.



Assemble salad

Whisk together **remaining honey**, **remaining Indian Spice Mix**, **yogurt**, **vinegar** and **1 tbsp water** (dbl for 4 ppl) in a large bowl. Add **celery**, **apples**, **sweet potatoes**, **farro**, **arugula and spinach mix** and **dried cranberries**. Season with **salt** and **pepper**, then toss to combine.



Prep and toast walnuts

While **sweet potatoes** roast, core, then cut **apple** into ½-inch pieces. Cut **celery** into ¼-inch slices. Heat a small non-stick pan over a 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!) Transfer **walnuts** to a plate. Place a piece of parchment paper on your counter.



Finish and serve

Break apart **walnuts** or chop into smaller pieces if they have stuck together. Divide **salad** between plates. Sprinkle **honey-candied walnuts** over top.

Dinner Solved!