



WARM BEET AND LENTIL FARRO BOWL

with Marinated Feta and Walnuts



HELLO BEETS

Are incredibly versatile! They can be cooked and used in many different ways, even as an all-natural food dye!

TIME: 30 MIN



Farro



Pre-Cooked Beets



Feta Cheese



Baby Arugula



Red Wine Vinegar



Thyme



Vegetable Broth Concentrate



Garlic



Onion, sliced



Green Lentils



Walnuts, chopped

BUST OUT

- Baking Sheet
- Medium Pot
- Garlic Press
- Small Bowl
- Small Non-Stick Pan
- Whisk
- Strainer
- Measuring Spoons
- Salt and Pepper
- Olive or Canola oil
- Sugar (½ tsp)

INGREDIENTS

2-person | 4-person

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|-------------------------------|--------|--|--------|
| • Farro 1 | ½ cup | | 1 cup |
| • Pre-Cooked Beets | 250 g | | 500 g |
| • Feta Cheese 2 | 100 g | | 200 g |
| • Baby Arugula | 56 g | | 113 g |
| • Red Wine Vinegar 9 | 2 tbsp | | 4 tbsp |
| • Thyme | 7 g | | 14 g |
| • Vegetable Broth Concentrate | 1 | | 2 |
| • Garlic | 6 g | | 12 g |
| • Onion, sliced | 56 g | | 113 g |
| • Green Lentils | 1 can | | 2 can |
| • Walnuts, chopped 5 | 28 g | | 56 g |

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 soya, les sulfites, les noix et le blé.

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

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **425°F** (to roast veggies). Start prepping when the oven comes up to temperature!



1 COOK FARRO Wash and dry all produce.* Peel, then mince or grate **garlic**. Heat a medium pot over medium heat. When pot is hot, add **½ tbsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 1 min. Add **farro, broth concentrate(s)** and enough **water** to cover (approx. 1-2 inches). Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, uncovered, until **farro** is tender, 16-18 min.



4 TOAST WALNUTS Heat a small non-stick pan over medium heat. When the pan is 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 to a plate.



2 ROAST VEGGIES Meanwhile, strip **1 tbsp thyme leaves** (dbl for 4 ppl) from stems. Wearing kitchen gloves (if you have them, so you don't stain your hands) cut **beets** into ½-inch pieces. On a baking sheet, toss **beets, onions** and **½ tbsp thyme** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **middle** of oven, stirring halfway through cooking, until **veggies** are golden-brown and tender, 10-12 min.



5 FINISH FARRO When **farro** is tender, remove pot from heat and drain. Return **farro** to the same pot, then stir in **arugula, lentils** and **marinated feta** (including **marinade**). Season with **salt** and **pepper**. Toss together.



3 PREP Meanwhile, roughly chop **arugula**. Drain and rinse **lentils**. Crumble **feta** into bite-sized pieces. In a small bowl, whisk together **vinegar, remaining thyme, ½ tsp sugar** (dbl for 4 ppl), and **2 tbsp oil** (dbl for 4 ppl). Add **feta** and season with **salt** and **pepper**. Stir to coat, then set aside.



6 FINISH AND SERVE Divide **farro** and **lentils** between bowls. Top with **roasted veggies**. Sprinkle over **walnuts**.

SALTY!

A final flourish of feta and walnuts add a pop of salty, crunchy flavour!