

Zucchini and Asparagus Farro Bowl

with Parmesan and Lemon

Farro has had something of a moment lately, becoming a favourite grain of chefs and home cooks alike for its nutty flavour, addictively chewy texture, and high-fibre content.



















Farro

Asparagus

Zucchini

Onion

Garlic

Lemon

Walnut





Vegetable Broth Concentrate

Parmesan Cheese

Ingredients		2 People	*Not Included
Farro	1)	1 pkg (170 g)	
Asparagus		1 pkg (170 g)	
Zucchini		227 g	
Onion, chopped		1 pkg (56 g)	
Garlic		1 pkg (10 g)	
Lemon		1	Ruler 0 in 1
Walnuts, chopped	3)	1 pkg (56 g)	₩ 0
Vegetable Broth Concentrate		1 pkg	Tools
Parmesan Cheese, shredded	2)	1 pkg (56 g)	Small Pot, Zester, Large Non- Stick Pan, Strainer, Measuring Spoons
Butter*	2)	1 tbsp	
Olive or Canola Oil*			

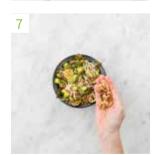
Nutrition per person Calories: 617 cal | Fat: 25 g | Protein: 31 g | Carbs: 74 g | Fibre: 10 g | Sodium: 648 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- **1 Prep: Wash and dry all produce.** Bring a small pot of **salted water** to a boil. Cut the **asparagus** into 1-inch pieces. Thinly slice the **zucchini** into ½-inch rounds. Mince or grate the **garlic**. Zest, then cut the **lemon** into wedges.
- **2** Cook the farro: Add the farro and broth concentrate to the water. Reduce the heat to medium-low. Cover and cook until tender, 18-20 min. (Drain when the farro is done cooking.)



3 Toasted the walnuts: Meanwhile, heat a large non-stick pan over medium heat. Add the **walnuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Set aside on a plate.



- 4 Char the zucchini: Increase the heat to medium-high heat. Add the zucchini to the dry pan. Cook until golden-brown, 5-6 min per side. Transfer to a plate.
- **5 Cook the asparagus:** Decrease the heat to medium heat. Add a drizzle of **oil**, then the **onion** and **garlic**. Cook, stirring occasionally, until the onion softens, 4-5 min. Add the **asparagus**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- 6 Add the farro, zucchini, butter, lemon zest, squeeze of 2 lemon wedges and half the Parmesan to the asparagus. Season with salt and pepper.
- **7** Finish and serve: Divide farro mixture between bowls. Sprinkle with the toasted walnuts and remaining Parmesan. Squeeze over the remaining lemon wedges and enjoy!