



Zucchini Farro Bowl

with Green Peas, Parmesan and Lemon

VEGGIE

35 Minutes



Farro



Green Peas



Zucchini



Onion, chopped



Garlic



Lemon



Walnuts, chopped



Vegetable Broth Concentrate



Parmesan Cheese



Goat Cheese



Chives

HELLO FARRO

This ancient grain is hearty and flavourful!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Large Non-Stick Pan, Medium Pot, Strainer, Small Bowl, Measuring Cups, Measuring Spoons

Ingredients

	2 Person	4 Person
Farro	¾ cup	1 ½ cup
Green Peas	113 g	227 g
Zucchini	200 g	400 g
Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Lemon	1	1
Walnuts, chopped	28 g	56 g
Vegetable Broth Concentrate	1 pc	2 pc
Parmesan Cheese	¼ cup	½ cup
Goat Cheese	56 g	113 g
Chives	7 g	7 g
Unsalted Butter*	1 tbsp	2 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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1. COOK FARRO

Add **farro**, **broth concentrate(s)** and **3 cups water** (dbl for 4 ppl) in a medium pot. Bring to a boil over high heat. Once boiling, reduce the heat to medium-low. Cook, uncovered, until **farro** is tender, 14-16 min. Drain and return to the same pot. Set aside.



2. PREP

While **farro** cooks, cut **zucchini** into ½-inch thick half-moons. Zest and juice **half the lemon** (1 lemon for 4 ppl). Cut any **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Finely chop **chives**. Stir together **chives**, **goat cheese** and **half the lemon zest** in a small bowl. Season with **salt** and **pepper**. Set aside.



3. TOAST WALNUTS

Heat a large non-stick pan over medium heat. When hot, add **walnuts** to the dry pan. Toast, stirring often, until golden-brown, 3-4 min. (**TIP:** Keep your eye on the walnuts so they don't burn!) Transfer to a plate and set aside.



4. COOK ZUCCHINI

Add **zucchini** to the same dry pan, then season with **salt** and **pepper**. Cover and cook, flipping slices halfway through cooking, until dark golden-brown, 7-8 min. Transfer to another plate and set aside.



5. FINISH FARRO

Reduce the heat to medium-low. Add **½ tbsp oil** (dbl for 4 ppl), then **onions** to the same pan. Cook, stirring often, until softened, 2-3 min. Add **garlic**. Cook, stirring often, until fragrant, 1-2 min. Add **cooked farro**, **peas**, **zucchini**, **lemon juice**, **Parmesan**, **remaining lemon zest** and **1 tbsp butter** (dbl for 4 ppl). Stir together, until warmed through, 1-2 min. Season with **salt** and **pepper**.



6. FINISH AND SERVE

Divide **farro mixture** between bowls. Sprinkle over **walnuts** and crumble over **chive-goat cheese**. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!