



Pear, Farro and Walnut Salad

with Goat Cheese and Maple-Rosemary Sweet Potatoes

Veggie 25 Minutes



Chicken Breasts
2 | 4

Shrimp
285 g | 570 g

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Farro
½ cup | 1 cup



Pear
1 | 2



Baby Spinach
113 g | 227 g



Sweet Potato
1 | 2



White Wine Vinegar
1 tbsp | 2 tbsp



Maple Syrup
2 tbsp | 4 tbsp



Goat Cheese
½ cup | 1 cup



Whole Grain Mustard
1 tbsp | 2 tbsp



Walnuts, chopped
28 g | 56 g



Parsley
7 g | 14 g



Rosemary, sprig
1 | 2

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.

Pantry items | Unsalted butter, salt, pepper, oil

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, parchment paper, small bowl, strainer, vegetable peeler, whisk

1



Cook farro

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

- Add **farro**, **1 tsp** (2 tsp) **salt** and **3 cups** (6 cups) **water** to a medium pot.
- Cover, then bring to a boil over high heat.
- Once boiling, reduce heat to medium. Cook uncovered until **farro** is tender, 16-18 min.
- Drain, then return **farro** to the same pot, off heat.

4



Prep remaining ingredients

- Roughly chop **parsley**.
- Core, then cut **pear** into ½-inch pieces.
- Whisk together **mustard**, **vinegar**, **remaining maple syrup** and **2 tbsp** (4 tbsp) **oil** in a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk again to combine.

2



Roast sweet potatoes

- Meanwhile, peel, then cut **sweet potato** into ½-inch pieces.
- Strip **1 tbsp** (2 tbsp) **rosemary leaves** from the **stem**. Finely chop.
- Add **sweet potatoes**, **rosemary** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven until softened slightly, 10-12 min.
- Carefully remove the baking sheet from the oven. Drizzle **half the maple syrup** over **sweet potatoes**, then toss to coat.
- Continue roasting until tender and golden-brown, 8-9 min.

5



Finish farro and make salad

- Add **parsley** and **1 tbsp** (2 tbsp) **butter** to the pot with **farro**. Season with **salt** and **pepper**, then stir until **butter** melts.
- When **sweet potatoes** are done, add **baby spinach**, **pears** and **sweet potatoes** to the bowl with **vinaigrette**. Toss to combine.

3



Toast walnuts

- + Add | **Chicken Breasts**
- + Add | **Shrimp**

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

6



Finish and serve

- + Add | **Chicken Breasts**
- + Add | **Shrimp**

- Divide **farro** between plates. Top with **salad**.
- Sprinkle with **walnuts**, then crumble **goat cheese** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Toast walnuts and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Reheat the pan over medium. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

3 | Toast walnuts and cook shrimp

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Reheat the pan over medium-high. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat, then transfer **shrimp** to a plate.

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Arrange **chicken** on top of plated **salad**.

6 | Finish and serve

+ Add | **Shrimp**

Arrange **shrimp** over plated **salad**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.