

Pear, Farro and Walnut Salad

with Goat Cheese and Maple-Rosemary Sweet Potatoes

Veggie

25 Minutes





Customized Protein Add







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 🦫











1/2 cup | 1 cup





285 g | 570 g





Baby Spinach 113 g | 227 g

Sweet Potato



White Wine



Vinegar 1 tbsp | 2 tbsp

Maple Syrup 2 tbsp | 4 tbsp



Goat Cheese



Whole Grain Mustard ½ cup | 1 cup 1 tbsp | 2 tbsp



Walnuts. chopped

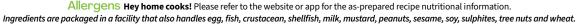


28 g | 56 g

7g | 14g



Rosemary, sprig 1 2



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



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.



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.



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.



3 | Toast walnuts and cook shrimp

1 tbsp

2 person

3 | Toast walnuts and cook chicken

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

🕕 Add | Chicken Breasts

4 person

oil

Ingredient

Add | Shrimp

through, 6-7 min.**

Measurements

within steps

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 1/2 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.



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.



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.



Finish and serve

🛨 Add | Chicken Breasts

Add | Shrimp

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