

HELLO Pear, Farro and Walnut Salad with Gost Chass and Maple Passmanu Sweet Po

with Goat Cheese and Maple-Rosemary Sweet Potatoes

Veggie

25 Minutes





Customized Protein Add

🚫 Swap

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 🦫



285 g | 570 g





½ cup | 1 cup





Baby Spinach



113 g | 227 g



White Wine Vinegar



Sweet Potato

1 | 2

1 tbsp | 2 tbsp



Goat Cheese



½ cup | 1 cup

Whole Grain Mustard 1 tbsp | 2 tbsp



Walnuts. chopped

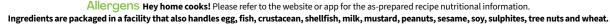


28 g | 56 g





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, then 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
- 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.



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.

Measurements within steps

4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken and toast walnuts

🕂 Add | Chicken Breasts)

If you've opted to add chicken breasts, pat dry with paper towels. Season with salt and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add 1/2 tbsp (1 tbsp) oil, then chicken. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Roast in the top of the oven until chicken is cooked through, 12-14 min.** Wipe out and use the same pan to toast walnuts.

3 | Cook shrimp and toast walnuts

+ Add | Shrimp

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with salt and pepper. Reheat the same pan over medium-high heat. When hot, add 1 tbsp (2 tbsp) oil and **shrimp** to the pan. Cook, stirring occasionally, until shrimp just turn pink, 3-4 min.**

6 | Finish and serve

Add | Chicken Breasts

Thinly slice chicken. Top salad with chicken.

6 | Finish and serve



Top salad with shrimp.

- 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.