



Pear, Farro and Walnut Salad

with Goat Cheese and Maple-Rosemary Sweet Potatoes

Veggie 25 Minutes

 + Add Chicken Breasts 2 4	 + Add Shrimp 285 g 570 g
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Customized Protein   or 

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.

2



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 oven.
- Drizzle **half the maple syrup** over **sweet potatoes**, then toss to coat. Continue roasting until tender and golden-brown, 8-9 min.

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.

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

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 ½ **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

+ Add | **Shrimp**

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.