



MAR
2017

Black Bean and Farro Salad

with Apple, Avocado and Radish

When farro and black beans join forces, the result is a protein-packed force to be reckoned with. We rounded out this delicious, healthy and simple meatless dinner with creamy avocado, crisp apple, and crunchy radishes.



Farro



Black Beans



Avocado



Radishes



Granny Smith
Apple



Shallot



Cilantro



Lemon

Ingredients

	2 People	4 People
Farro	1) 1 pkg (170 g)	2 pkg (340 g)
Black Beans	1 can	2 cans
Avocado	1	2
Radishes	6	12
Granny Smith Apple	1	2
Shallot	1	1
Cilantro	1 pkg (10 g)	1 pkg (10 g)
Lemon	1	1
Olive or Canola Oil*		

*Not Included

Allergens

1) Wheat/Blé

Tools

Small Pot, Strainer, Zester, Small Bowl, Measuring Spoons, Large Bowl

Ruler

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Nutrition per person Calories: 673 cal | Fat: 15 g | Protein: 28 g | Carbs: 117 g | Fibre: 23 g | Sodium: 718 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Cook the farro: Bring a small pot of **salted water** to a boil. Add the **farro** and reduce the heat to medium-low. Cover and cook until tender, 18-20 min. (**TIP:** Farro is cooked like pasta; the water does not fully absorb.)

2 Prep: Wash and dry all produce. Meanwhile, drain and rinse the **beans**. Halve, pit, and cube the **avocado(es)**. Cut the **apple(s)** into 1/2-inch cubes. Halve, peel, and finely chop **2 tbsp shallot** (double for 4 people). Finely chop the **cilantro**. Zest, then juice the **lemon**. Thinly slice the **radishes**.

3



3 Make the dressing: In a small bowl, combine the **cilantro**, **shallot**, **lemon zest**, **half the lemon juice** (double for 4 people) with a drizzle of **oil**. Season with **salt** and **pepper**.

4



4 Finish and serve: Drain the **farro**. In a large bowl, combine the farro with the **black beans**, **apple**, **avocado**, **radish** and the **dressing**. Divide the **salad** between bowls. Enjoy!

NUTRITION FACT: Did you know that radishes contain 95% water? Along with being a hydrating veggie, radishes provide vitamin C, a nutrient important for immune health.

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