



Carb Smart 'BLT' Farro

with Spinach and Blistered Tomatoes

Carb Smart 30 Minutes



Bacon Strips



Farro



Baby Tomatoes



Baby Spinach



Garlic, cloves



Shallot



White Wine Vinegar



Parmesan Cheese, shredded



Chicken Broth Concentrate



Zucchini

HELLO FARRO

An ancient grain that's full of nutty flavour!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, slotted spoon, strainer, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Farro	½ cup	1 cup
Baby Tomatoes	113 g	227 g
Baby Spinach	113 g	227 g
Garlic, cloves	2	4
Shallot	50 g	100 g
White Wine Vinegar	1 tbsp	2 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Zucchini	200 g	400 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

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.

Contact

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Cook farro

- Add **farro**, **1 tsp salt** and **3 cups water** (dbl both for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cook uncovered until **farro** is tender, 18-20 min.
- Reserve **3 tbsp cooking water** (dbl for 4 ppl), then drain and return **farro** to the same pot, off heat.



Cook bacon

- Add **bacon** and **2 tbsp water** (dbl for 4 ppl) to a large non-stick pan over medium-high heat. Cook, flipping occasionally, until crispy, 8-10 min.**
- Remove the pan from heat.
- Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Carefully discard all but **½ tbsp fat** (dbl for 4 ppl) from the pan.



Blister tomatoes

- Meanwhile, add **tomatoes** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil in the **middle** of oven, until **tomatoes** burst, 5-6 min.
- When **tomatoes** are done, remove the baking sheet from the oven. Set aside.



Finish farro

- Return the pan with **reserved bacon fat** to medium, then add **zucchini**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **shallots** and **garlic**. Cook, stirring often, until softened, 1-2 min.
- Add **vinegar**. Cook, stirring often, until slightly reduced, 1-2 min.
- Add **farro**, **half the Parmesan**, **broth concentrate** and **reserved cooking water**. Stir until combined.
- Add **spinach**. (**NOTE:** For 4 ppl, add spinach in 2 batches.) Cook, stirring occasionally, until **spinach** wilts and **cheese** melts, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Prep

- Meanwhile, peel, then finely chop **shallot**.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then grate or mince **garlic**.
- Roughly chop **spinach**.
- Cut **bacon** into 1-inch pieces.



Finish and serve

- Divide **farro** between plates. Top with **blistered tomatoes** and **bacon**.
- Sprinkle **remaining Parmesan** over top.

Dinner Solved!