

# Fresh Mozzarella and Farro Bowls

with Marinated Chickpeas and Toasted Pine Nuts

Veggie

Quick

25 Minutes





Fresh Mozzarella







Chickpeas







Pine Nuts







**Basil Pesto** 

Balsamic Glaze



Zucchini

**HELLO MOZZARELLA** 

## Start here

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

#### **Bust out**

Baking sheet, colander, measuring spoons, aluminum foil, medium pot, large bowl, measuring cups, whisk, large non-stick pan

# **Inaredients**

	2 Person	4 Person
Fresh Mozzarella	125 g	250 g
Farro	½ cup	1 cup
Chickpeas	370 ml	740 ml
Baby Tomatoes	113 g	227 g
Pine Nuts	28 g	56 g
Chives	7 g	14 g
Balsamic Glaze	2 tbsp	4 tbsp
Basil Pesto	⅓ cup	½ cup
Zucchini	200 g	400 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

<sup>\*</sup> Pantry items

## **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.



#### Prep

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, 16-18 min. While farro cooks, thinly slice chives. Cut zucchini into 1/4-inch rounds. Drain, then rinse chickpeas. Drain, then cut mozzarella into ¼-inch-thick slices. Season mozzarella with salt.



#### Marinate chickpeas

Add half the balsamic glaze, 1 tbsp oil, 1/2 tsp sugar (dbl both for 4 ppl) and half the **chives** to a large bowl. Whisk to combine. Season with salt and pepper. Add chickpeas, then toss to coat. Set aside.



#### **Broil veggies**

Add tomatoes, zucchini and ½ tbsp oil (dbl for 4 ppl) to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Broil in the **middle** of the oven until golden, 8-10 min.



## Toast pine nuts

While **veggies** broil, heat a large non-stick pan over medium heat. When hot, add pine nuts to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (TIP: Keep your eye on them so they don't burn!) Remove the pan from heat, then transfer **pine nuts** to a plate. Set aside.



#### Finish farro

When **farro** is done cooking, drain and return it to the same pot, off heat. Season with salt. Add **pesto**, then stir to combine.



#### Finish and serve

Divide **farro** between bowls. Top with marinated chickpeas, broiled veggies, pine nuts and mozzarella slices. Drizzle with **remaining balsamic glaze** and sprinkle remaining chives over top.

# **Dinner Solved!**

#### Contact

Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca

