



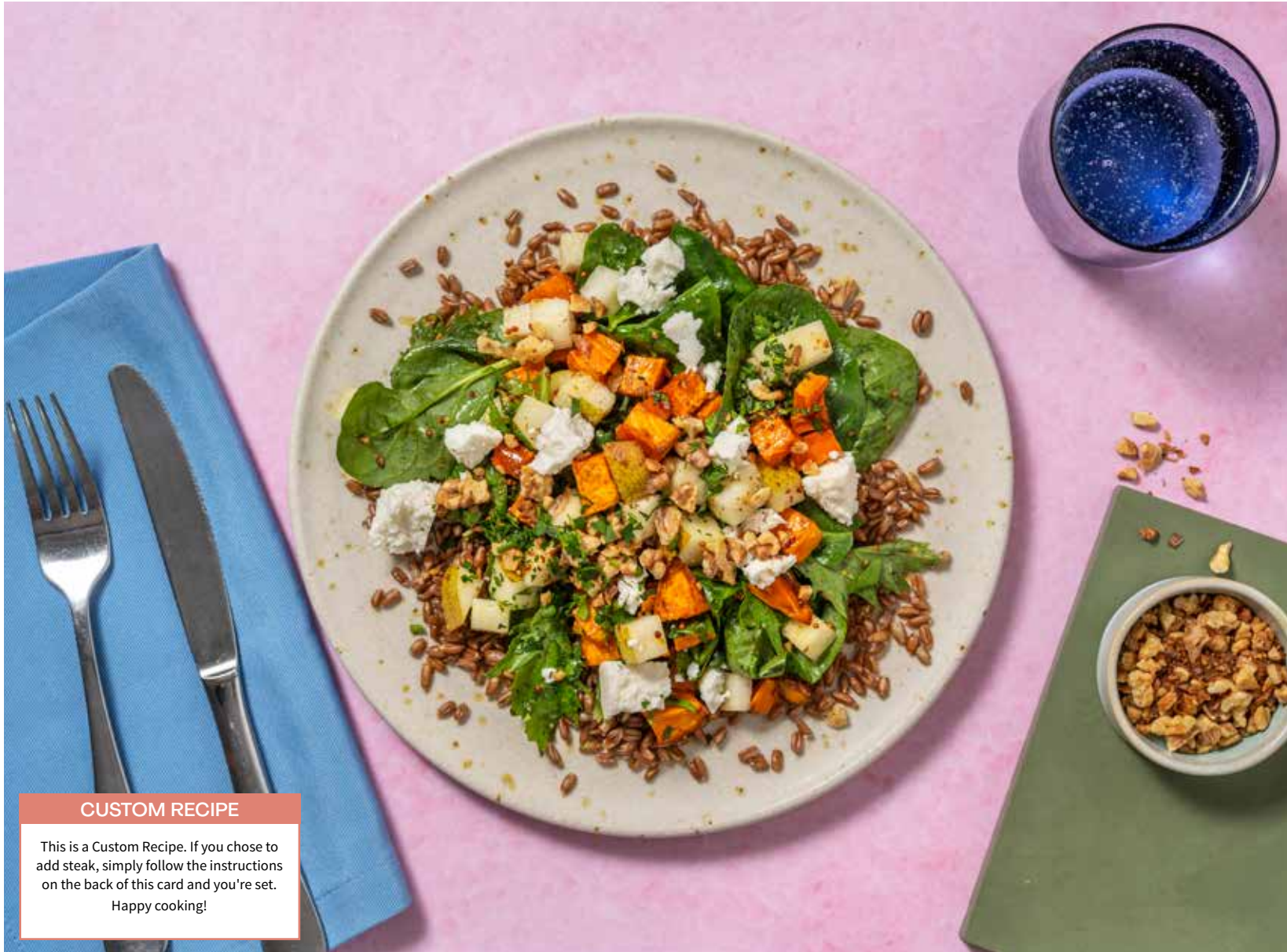
Pear, Farro and Walnut Salad

with Goat Cheese and Maple-Rosemary Sweet Potatoes

Veggie Quick 25 Minutes



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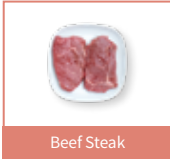


CUSTOM RECIPE

This is a Custom Recipe. If you chose to add steak, simply follow the instructions on the back of this card and you're set. Happy cooking!



Farro



Beef Steak



Pear



Arugula and Spinach Mix



Sweet Potato



White Wine Vinegar



Maple Syrup



Goat Cheese



Whole Grain Mustard



Walnuts, chopped



Parsley



Rosemary

HELLO MAPLE SYRUP

Maple syrup highlights the natural sweetness of the sweet potatoes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, vegetable peeler, measuring spoons, strainer, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan

Ingredients

	2 Person	4 Person
Farro	½ cup	1 cup
Beef Steak	285 g	570 g
Pear	1	2
Arugula and Spinach Mix	113 g	227 g
Sweet Potato	1	2
White Wine Vinegar	1 tbsp	2 tbsp
Maple Syrup	2 tbsp	4 tbsp
Goat Cheese	56 g	113 g
Whole Grain Mustard	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Parsley	7 g	14 g
Rosemary	1 sprig	2 sprigs
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 63°C/145°F for medium-rare; steak size will affect doneness.

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.



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Cook farro

- Add **farro**, **1 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.

If you've opted to add **steak**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **steaks**. Sear until golden-brown, 1-2 min per side. Remove from heat and transfer to an unlined baking sheet. Roast on the top rack of the oven until cooked to desired doneness, 4-5 min.**



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.



Roast sweet potatoes

- Meanwhile, peel, then cut **sweet potato** into ½-inch pieces.
- Strip **1 tbsp** (2 tbsp) **rosemary leaves** from the stem. 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.



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 **arugula and spinach mix**, **pears** and **sweet potatoes** to the bowl with **vinaigrette**. Toss to combine.



Toast walnuts

- 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 to a small bowl.



Finish and serve

- Divide **farro** between plates. Top with **salad**.
- Sprinkle with **walnuts**, then crumble **goat cheese** over top.

Thinly slice **steaks**. Top final plates with **steak**.

Dinner Solved!