

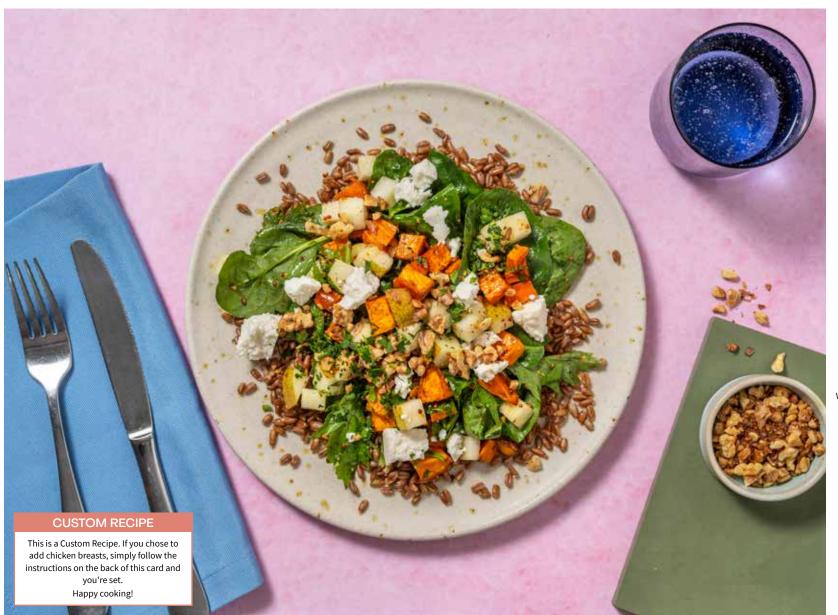
Pear, Farro and Walnut Salad

with Goat Cheese and Maple-Rosemary Sweet Potatoes

Veggie

Quick

25 Minutes









Bartlett Pear







Sweet Potato



White Wine Vinegar



Maple Syrup



Goat Cheese





Walnuts, chopped

Whole Grain Mustard





Dried Rosemary

HELLO MAPLE SYRUP

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Farro	½ cup	1 cup
Chicken Breasts	2	4
Bartlett Pear	1	2
Arugula and Spinach Mix	113 g	227 g
Sweet Potato	170 g	340 g
White Wine Vinegar	1 tbsp	2 tbsp
Maple Syrup	2 tbsp	4 tbsp
Goat Cheese	28 g	56 g
Whole Grain Mustard	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Parsley	7 g	14 g
Dried Rosemary	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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. Cook uncovered until **farro** is tender, 16-18 min.
- Drain, then return **farro** to the same pot, off heat.



Roast sweet potatoes

- Meanwhile, peel, then cut **sweet potato** into ½-inch pieces.
- Add sweet potatoes, half the dried rosemary (use all for 4 ppl) and 1 tbsp oil (dbl for 4 ppl) 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, 8-9 min.
- Carefully remove the baking sheet from the oven. Drizzle **half the maple syrup** over **sweet potatoes**, then toss to coat.
- Continue roasting until **sweet potatoes** are tender and golden-brown, 8-9 min.



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.

If you've opted to get **chicken breasts**, while **walnuts** toast, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. When **walnuts** are done, heat the same pan over medium-high. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook untl golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the top of the oven until **chicken** is cooked through, 10-12 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 oil (dbl for 4 ppl) in a large bowl. Season with salt and pepper, to taste, then whisk again to combine.



Finish farro and make salad

- Add parsley and 1 tbsp butter (dbl for 4 ppl) to the pot with farro. Season with salt and pepper, to taste, 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.



Finish and serve

- Divide farro between plates. Top with salad.
- Sprinkle with **walnuts**, then dollop **goat cheese** over top in small spoonfuls.

Thinly slice **chicken**, then top **salad** with **chicken**.

Dinner Solved!