



# Pear, Farro and Walnut Salad

with Goat Cheese and Maple-Rosemary Sweet Potatoes

Veggie

Quick

25 Minutes



**CUSTOM RECIPE**

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



Farro



Chicken Breasts



Bartlett Pear



Arugula and Spinach Mix



Sweet Potato



White Wine Vinegar



Maple Syrup



Goat Cheese



Whole Grain Mustard



Walnuts, chopped



Parsley



Dried 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.

## 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.



## 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.



## 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.



## 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.



## 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 until 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.\*\*



## 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!