



Roasted Cauliflower and Farro Bowls with Smoky Hummus Drizzle

Veggie 30 Minutes



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



Farro



Lentils



Sweet Bell Pepper



Parsley



Smoked Paprika-Garlic Blend



Feta Cheese, crumbled



Chicken Breasts



Cauliflower, florets



Lemon



Hummus



Sultana Raisins

HELLO FARRO

An ancient grain that's full of nutty flavour!

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, measuring spoons, strainer, zester, medium pot, parchment paper, small bowl, measuring cups

Ingredients

	2 Person	4 Person
Farro	½ cup	1 cup
Chicken Breasts	2	4
Lentils	370 ml	740 ml
Cauliflower, florets	285 g	570 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Parsley	7 g	14 g
Hummus	57 g	114 g
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Sultana Raisins	28 g	56 g
Feta Cheese, crumbled	¼ cup	½ cup
Sugar*	¼ tsp	½ tsp
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.



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1

Cook farro

- Add **farro**, **1 tsp** (2 tsp) **salt** and **3 cups** (6 cups) **water** 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.
- When **farro** is done, drain and return to the same pot, off heat.

4

Make smoky hummus drizzle

- Meanwhile, add **hummus**, **remaining Smoked Paprika-Garlic Blend**, **half the lemon zest**, **1 tsp** (2 tsp) **lemon juice**, **¼ tsp** (½ tsp) **sugar** and **½ tbsp** (1 tbsp) **warm water** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

2

Prep

- Meanwhile, cut **any large cauliflower florets** into bite-sized pieces.
- Core, then cut **pepper** into 1-inch pieces.
- Roughly chop **parsley**.
- Zest, then juice **half the lemon** (same for 4 ppl). Cut **remaining lemon** into wedges.
- Using a strainer, drain and rinse **lentils**.

5

Warm lentils, sultanas and farro

- When **farro** is cooked and drained, add **lentils** and **sultanas**.
- Reheat over medium, stirring often, until **lentils** and **sultanas** are warmed through, 2-4 min.
- Remove from heat, then add **1 tbsp** (2 tbsp) **oil**, **remaining lemon zest** and **half the parsley**. (**TIP:** Add any remaining lemon juice here, if desired!) Season with **salt** and **pepper**, to taste, then stir to combine.

3

Roast veggies

- Add **cauliflower**, **peppers**, **2 tsp** (4 tsp) **Smoked Paprika-Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. (**TIP:** We love using olive oil in this recipe!) Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven until tender, 15-18 min.

If you've opted to add **chicken breasts**, heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 8-10 min.**

6

Finish and serve

- Divide **farro mixture** between bowls.
- Top with **roasted veggies** and **smoky hummus drizzle**.
- Sprinkle **feta** and **remaining parsley** over top.
- Squeeze a **lemon wedge** over top, if desired.

Thinly slice **chicken**. Top bowls with **chicken**.

Dinner Solved!