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SALMON & SNAP PEA FARRO BOWLS

with Roasted Tomato, Parmesan & a Fried Egg

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Veggie Stock Concentrates
(2 | 4)



Farro
(1 | 2)
Contains: Wheat



Roma Tomato *
(1 | 2)



Sugar Snap Peas *
(1 | 2)



Red Onion
(1 | 1)



Garlic
(1 Clove | 2 Cloves)



Lemon *
(1 | 2)



Salmon *
(1 | 2)
Contains: Fish



Ranch Spice
(1 | 1)



Shredded Parmesan *
(1 | 2)
Contains: Milk

PREP IN **10 MIN** READY IN **45 MIN**

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Olive Oil
(5 tsp | 10 tsp)

Cooking Oil
(1 tsp | 2 tsp)

Eggs
(2 | 4)
Contains: Eggs

Butter
(1 TBSP | 2 TBSP)
Contains: Milk

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If you accidentally get a little piece of shell in your cracked egg in step 4, use one of the broken halves of your eggshell to scoop it up—the jagged edge will cut right through the viscous white.

1.



Preheat oven to 400 degrees. **Wash and dry produce.** In a medium pot (use a large pot for 4 servings) combine **3½ cups water (6 cups for 4)**, **half the stock concentrates**, and a **big pinch of salt**. Bring to a boil, then stir in **farro**. Cook until tender, 25–30 minutes. Drain and set aside. (Keep empty pot handy for step 5.)

3.



Toss **tomato wedges** on one side of a baking sheet with a **drizzle of olive oil, salt, and pepper (for 4 servings, spread out across entire sheet)**. Roast for 10 minutes, then remove sheet from oven. Carefully toss **snap peas** and **sliced onion** on empty side of sheet with a **drizzle of olive oil, salt, and pepper. (For 4, leave tomatoes roasting and toss snap peas and sliced onion on a second sheet.)** Roast until veggies are browned and softened, 14–18 minutes more.

5.



Melt **1 TBSP butter (2 TBSP for 4 servings)** in pot used for farro over medium–high heat. Add **chopped onion** and **garlic**; cook, stirring, until softened, 2–3 minutes. Stir in **drained farro, lemon zest, a squeeze of lemon juice, half the Parmesan (save the rest for serving), remaining stock concentrates**, and a **large drizzle of olive oil**. Season generously with **salt and pepper**. Remove pot from heat.

Salmon is fully cooked when internal temperature reaches 145 degrees.

Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness.

2.



Meanwhile, cut **tomato** into ½-inch-thick wedges. Trim and remove strings from **snap peas** by snapping off the stem end with your fingers and gently pulling (like you would a zipper); halve crosswise on a diagonal. Halve, peel, and thinly slice **half the onion**; finely chop remaining onion until you have ¼ cup (½ cup for 4 servings). Peel and finely chop **garlic**. Zest and quarter **lemon**.

4.



While veggies roast, pat **salmon** dry with paper towels and season all over with **salt, pepper, and half the ranch spice (use all for 4 servings)**. Heat a **drizzle of olive oil** in a large, preferably nonstick, pan over medium heat. Add salmon to pan, skin sides down; cook until skin is crisp and fish is almost cooked through, 5–7 minutes. Flip and cook until cooked through, 1–2 minutes more. Turn off heat; transfer to a plate. Wipe out pan. Heat a **drizzle of oil** in same pan over medium–high heat. Once hot, crack **eggs** into pan and cover. (For 4, you may want to cook eggs in batches.) Fry eggs to preference. Season with **salt and pepper**. Remove pan from heat.

6.



Stir **roasted snap peas and onion** into pot with **farro**; season with **salt, pepper**, and a **squeeze of lemon juice** to taste. Divide between bowls and top with **salmon, roasted tomato wedges, fried eggs**, and **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.