



SPRING ASPARAGUS FARRO BOWLS

with Roasted Tomato, Parmesan & a Fried Egg

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Asparagus*
(1 | 2)



Shredded Parmesan*
(1 | 2)
Contains: Milk



Farro
(1 | 2)
Contains: Wheat



Lemon*
(1 | 2)



Veggie Stock Concentrates
(2 | 4)



Red Onion
(1 | 1)



Roma Tomato*
(1 | 2)



Garlic
(1 Clove | 2 Cloves)

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Eggs
(2 | 4)
Contains: Eggs

Butter
(1 TBSP | 2 TBSP)
Contains: Milk

Olive Oil
(4 tsp | 8 tsp)
Vegetable Oil
(1 tsp | 2 tsp)

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CHEF'S TIP

EP friend, meet farro! This ancient grain has a nutty flavor and deliciously springy texture, making it the perfect base for these flavorful, veggie-packed bowls. Don't fret if you end up with excess stock once the farro is tender—drain it out! Alternatively, if the stock evaporates before the farro is done, simply add a splash of water! You got this.

1.



Preheat oven to 400 degrees. **Wash and dry all produce.** In a medium pot, combine **3½ cups water (6 cups for 4 servings)**, **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 use in step 5**).

2.



Meanwhile, cut **tomato** into ½-inch-thick wedges. Trim and discard bottom 1 inch from **asparagus**; cut stalks crosswise into 1-inch pieces. 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**.

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 **asparagus** and **sliced onion** on empty side with a **drizzle of oil, salt, and pepper**. (**For 4, leave tomatoes roasting and toss asparagus and sliced onion on a second sheet.**) Continue roasting until veggies are browned and softened, 14–18 minutes more.

4.



While veggies roast, heat a **drizzle of olive oil** in a large pan over medium heat. Once oil is hot, crack **eggs** into pan. Cover and fry eggs to preference. Uncover and season with **salt and pepper**. Remove pan from heat.

5.



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

6.



Stir **roasted asparagus and onion** into pot with **farro**; season with **salt, pepper**, and more **lemon juice** to taste. Divide between bowls and top with **roasted tomato wedges, eggs**, and **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.