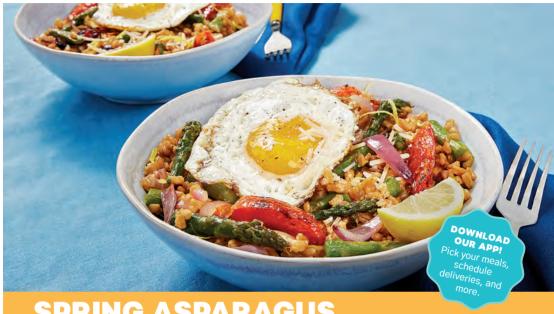
EveryPlate







SPRING ASPARAGUS FARRO BOWLS

WHAT WE SEND (2 servings) 4 servings)

★ Keep refrigerated



Asparagus *



(1 | 2)



Parmesan * (1 | 2)

Contains: Milk



Farro (1 | 2)Contains: Wheat



(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**

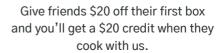
> Eggs (2 | 4)Contains: Eggs

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

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.



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).



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 guarter **lemon**.



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.



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.



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.



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.

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