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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



(1 | 2)

**Roma Tomato \*** 



Sugar Snap Peas\* (1 | 2)



PREP IN 10 MIN

**Red Onion** (1 | 1)



Garlic (1 Clove | 2 Cloves)



READY IN 45 MIN

Lemon \* (1 | 2)



Salmon \* (1 | 2)Contains: Fish



**Ranch Spice** (1 | 1)



Parmesan \*

(1 | 2)Contains: Milk

## WHAT YOU'LL NEED

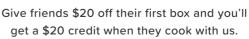
**Kosher Salt Black Pepper** 

Olive Oil (5 tsp | 10 tsp) Cooking Oil (1 tsp | 2 tsp)

**Butter** (1 TBSP | 2 TBSP) Contains: Milk

**Eggs** (2 | 4) Contains: Eggs

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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.



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.)



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.



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.



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**.



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.



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.

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.

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