



Spring Veggie Farro Bowl with Salmon

Asparagus, Radish & Creamy Feta Sauce



30-40min



2 Servings

After a long winter of eating super-hearty stews, this bright grain bowl is a much welcomed change. Here, we combine all of our favorite spring bites in one satisfying bowl: roasted asparagus and radishes, tender-chewy farro, creamy feta sauce, jammy soft boiled eggs, and fresh dill. It's all topped with roasted pepitas and chili vinaigrette for a dreamy dinner escape.

What we send

- 10 oz ready to heat farro ¹
- 2 radishes
- ½ lb asparagus
- 1 Fresno chile
- 2 scallions
- ¼ oz fresh dill
- 2 oz feta ⁷
- 2 (1 oz) sour cream ⁷
- 1 oz pumpkin seeds
- 10 oz pkg salmon filets ⁴

What you need

- kosher salt & ground pepper
- 2 large eggs ³
- olive oil
- red wine vinegar (or apple cider vinegar) ¹⁷
- sugar

Tools

- small saucepan
- microwave
- rimmed baking sheet
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1070kcal, Fat 65g, Carbs 66g, Protein 58g



1. Boil eggs

Preheat oven to 450°F with a rack in the upper third. Bring a small saucepan of **salted water** to a boil. Carefully place **2 large eggs** into water (water should cover eggs by ½ inch). Simmer over medium heat for 6 minutes. Use a slotted spoon to transfer eggs to a bowl of cold water.



4. Roast asparagus & radish

On a rimmed baking sheet, toss **asparagus** and **radishes** with **1 tablespoon oil**, and season with **salt and pepper**. Roast on upper oven rack until asparagus is bright green and veggies are crisp-tender, 8-10 minutes.



2. Make creamy feta sauce

Trim **scallions**, then thinly slice about ¼ cup. Coarsely chop **dill fronds and tender stems**. Crumble **feta** into a small bowl, then add **all of the sour cream** and mash together with a fork. Stir in **⅔ of the sliced scallions and chopped dill** and **2 tablespoons water**. Season to taste with **salt and pepper**.



5. Cook salmon

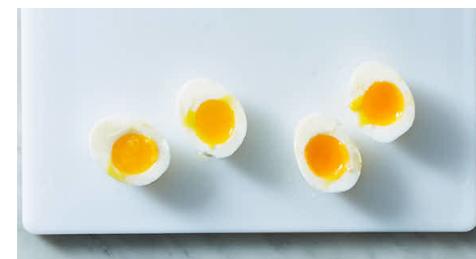
Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Reduce heat to medium; add **fish**, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned and very crisp and fish is almost cooked through, about 5 minutes. Flip and cook until just medium, about 1 minute more.



3. Prep ingredients

Trim ends from **radishes**, then cut into ½-inch wedges. Trim woody ends from **asparagus**. Halve **Fresno chile**, discard stem and seeds, and finely chop. Pat **fish** dry; season with **salt and pepper**.

In a small bowl, whisk together **2 tablespoons oil**, **1 tablespoon vinegar**, and **a generous pinch each of sugar, salt, and pepper**. Stir in chopped chile. Set aside.



6. Assemble & serve

Peel **eggs**, then halve lengthwise. Transfer **farro** to a bowl and microwave until warmed through, 60-90 seconds.

Serve **farro** topped with **roasted radishes and asparagus, salmon, creamy feta sauce**, and **eggs**. Sprinkle with **pepitas** and **remaining scallions and dill**. Drizzle **chile vinaigrette** over top. Enjoy!