

Squash & Farro Salad

with Honey & Thyme Vinaigrette



ca. 20min



2 Servings

What we send

- 1 head red leaf lettuce
- 1 oz blue cheese crumbles ⁷
- 4 oz farro ¹
- 1 oz pecans ¹⁵
- 1 lemon
- ½ oz honey
- ¼ oz fresh thyme
- 2 yellow squash

What you need

- 6 tablespoons olive oil
- kosher salt & ground pepper

Tools

- grill, grill pan, or rimmed baking sheet
- medium saucepan
- medium skillet

Allergens

Wheat (1), Milk (7), Tree Nuts (15).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 0kcal

1. Cook farro

Bring a medium saucepan of salted water to a boil. Add farro and cook until tender, 8-10 minutes. Drain well.

4. Toast nuts (optional)

Heat 2 teaspoons oil in medium skillet over medium. Add pecans and cook, stirring, until toasted and fragrant, 3-5 minutes.

2. Prep ingredients

Meanwhile, slice squash into ½-inch thick disks crosswise. Juice 1 tablespoon lemon, finely chop 1 teaspoon thyme leaves.

Coarsely chop pecans.

5. Make dressing

In a small bowl, whisk to combine lemon juice, thyme, honey, and 3 tablespoons olive oil. Season to taste with salt and pepper.

3. Cook squash

Preheat broiler with rack in upper third. Directly on rimmed baking sheet, toss squash with 2 tablespoons oil and season with salt and pepper. Place in an even layer and broil until tender and charred, 10-15 minutes flipping halfway.

Alternately, heat a grill or grill pan to high and grill squash until tender, 5-7 minutes per side.

6. Assemble & serve

Place red leaf lettuce onto a serving platter. Top with the farro and squash. Drizzle everything with the honey and thyme vinaigrette. Garnish with pecans and blue cheese. Enjoy!