



Kale & Farro Salad

with Fried Egg, Parmesan & Crunchy Croutons



30-40min



2 Servings

The key to making a satisfying salad is all about choosing the right combination of ingredients. We combine nutty farro, Tuscan kale, and creamy lemony-mustard dressing. The trick to delicious raw kale is massaging the dressing into the leaves, making it more tender and even more flavorful. Toss in homemade cheesy ciabatta croutons and top it with a runny fried egg, and we're ready to tuck in!

What we send

- 1 lemon
- garlic
- 10 oz Tuscan kale
- 1 oz mayonnaise ^{3,6}
- ½ oz whole-grain mustard ¹⁷
- 1 ciabatta roll ¹
- 4 oz farro ¹
- ¾ oz Parmesan ⁷
- 1 pkt Sriracha

What you need

- kosher salt & ground pepper
- olive oil
- 2 large eggs ³

Tools

- small saucepan
- microplane or grater
- fine-mesh sieve
- medium nonstick skillet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 820kcal, Fat 45g, Carbs 79g, Protein 26g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Bring a small saucepan of **salted water** to a boil. Finely grate **¼ teaspoon each of lemon zest and garlic** into a small bowl (save rest of the clove for step 4). Squeeze **2 tablespoons lemon juice** into same bowl. Strip **kale leaves** from **¾ of the stems** (save rest for own use). Discard stems; stack leaves and slice into thin ribbons.



4. Make croutons

Split **ciabatta**, if necessary; brush all over lightly with **oil**. Toast directly on center oven rack until golden, about 6 minutes (watch closely, as ovens vary). Rub cut sides of ciabatta lightly with **reserved garlic clove** and season with **salt**. Tear toasted ciabatta into large croutons.



2. Make dressing

Whisk **mayonnaise**, **2½ tablespoons oil**, and **½ tablespoon mustard** into the bowl with **grated lemon zest, garlic, and lemon juice**. Season to taste with **pepper**.



5. Cook farro

Add **farro** to boiling water and cook until al dente, 18-20 minutes. Drain in a fine-mesh sieve and rinse briefly under running water to stop the cooking. Drain again, shaking out excess water. Add to bowl with **kale**. Add **croutons, ¾ of the Parmesan**, and **remaining dressing** and toss to coat.



3. Dress kale

In a medium bowl, sprinkle **kale** with **½ teaspoon salt**. Use your hands, massage kale until slightly softened and wilted. Add **half of the dressing** and toss to coat. Let sit until step 5.



6. Fry eggs & serve

Spoon **kale salad** onto plates. Heat **1 tablespoon oil** in a medium nonstick skillet until shimmering. Crack **2 large eggs** into skillet and cook over medium heat until whites are set and yolks are still runny, about 3 minutes. Season with **salt** and **pepper**. Top **kale** with **eggs** and **remaining Parmesan**. Drizzle **Sriracha** on top, if desired. Enjoy!