



## Grilled Veggie Grain Salad

with Mozzarella & Pesto



20-30min



2 Servings

A Caprese salad meets a grain bowl! This flavorful dish features hearty farro topped with grilled veggies, fresh mozzarella, and herbaceous pesto. If you don't have a grill or grill pan, no problem! Refer to the cooking tip for alternative instructions.

## What we send

- 1 zucchini
- 1 bell pepper
- 1 yellow onion
- ¼ oz fresh parsley
- 4 oz farro <sup>1</sup>
- 2 oz basil pesto <sup>7</sup>
- 3¾ oz mozzarella <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- grill or grill pan
- medium saucepan

## Cooking tip

Alternatively, preheat broiler with rack in top position. Place veggies in a single layer on a baking sheet. Broil on top oven rack until lightly browned and tender, flipping once, about 5 minutes.

## Allergens

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

## Nutrition per serving

Calories 650kcal, Fat 36g, Carbs 61g, Protein 23g



### 1. Prep ingredients

Preheat a grill on high, if using.

Trim stem ends from **zucchini**, then slice on an angle into ½-inch thick rounds. Halve **pepper**, remove stem and seeds, then cut into 1-inch thick slices.

Halve and thinly slice **½ cup of the onion** (save rest for own use). Pick **parsley leaves** from stems; discard stems.



### 4. Grill vegetables

Working in batches if necessary, add **vegetables** to grill or grill pan and cook until tender and charred, 4-5 minutes per side.



### 2. Cook farro

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **onions** and cook, stirring, until softened, 1-3 minutes.

Add **farro** and cook until toasted, about 2 minutes. Add **1 cup water** and **½ teaspoon salt**; cover and bring to a boil. Reduce heat to a simmer; cook until farro are tender and water is absorbed, about 12-15 minutes. Cover to keep warm until ready to serve.



### 5. Season farro

Fluff **farro** with a fork, then stir in **1 tablespoon pesto**. Season to taste with **salt** and **pepper**.



### 3. Prep vegetables

Preheat a grill pan over high, if using.

In a medium bowl, gently toss **zucchini** and **peppers** with **1 tablespoon oil** and a **generous pinch each of salt and pepper**.



### 6. Finish & serve

Spoon **farro** onto plates and top with **grilled vegetables**. Tear **mozzarella** into pieces and scatter over grilled vegetables. Drizzle with **remaining pesto** and garnish with **whole parsley leaves**. Enjoy!