



Fast! Plant-Based Chicken Farro Salad

with Charred Zucchini, Tomatoes & Mint



ca. 20min



2 Servings

For a fast and hearty vegetarian meal, we turn to nutty, filling farro. But no need to cook over a hot stove for an hour—our ready to heat farro is ready in minutes! Roasting zucchini, onions, and corn with smoked paprika brings out their inherent sweetness along with an earthy, smoky flavor. Plant-based chicken and fresh tomatoes add pops of juicy flavor in a lemony vinaigrette, while crumbled feta and fresh mint top it off.

What we send

- 1 zucchini
- 1 yellow onion
- ¼ oz smoked paprika
- 2½ oz corn
- 10 oz ready to heat farro ¹
- 1 lemon
- 1 pkt Dijon mustard ¹⁷
- 2 plum tomatoes
- ¼ oz fresh mint
- 8 oz pkg plant-based chicken ⁶
- 2 oz feta ⁷

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- microplane or grater

Allergens

Wheat (1), 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 700kcal, Fat 26g, Carbs 84g, Protein 42g



1. Prep ingredients

Preheat broiler with a rack in the upper third.

Quarter **zucchini** and cut into 3-inch long sticks. Halve and thinly slice **half of the onion** (save rest for own use).



2. Broil veggies

On a rimmed baking sheet, toss **zucchini and onions** with ½ **teaspoon smoked paprika, olive oil, salt, and pepper**.

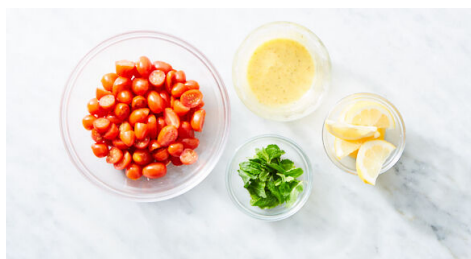
Transfer to the top oven rack and broil until onions and zucchini are starting to brown, 5-8 minutes.

Add **corn** and continue cooking until all veggies are browned in spots, about 5 minutes more.



3. Heat farro

Meanwhile, in a medium microwave-safe bowl, microwave **farro** until warmed through, about 2 minutes. (Alternatively, combine farro and 2 tablespoons water in a small skillet. Cook, stirring, until just warmed through, 1-2 minutes.)



4. Make vinaigrette

Finely grate ½ **teaspoon lemon zest** into a small bowl. Squeeze **juice from ¼ of the lemon** into the same bowl; cut **remaining lemon** into wedges. Add **Dijon mustard, 2 tablespoons olive oil, and a pinch of sugar**; whisk to combine. Season to taste with **salt and pepper**.

Core **tomatoes**; cut into 1-inch pieces. Pick **mint leaves** from stems, tearing if large; discard stems.



5. Cook plant chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **plant-based chicken** and cook until golden brown and heated through, 3-4 minutes per side.



6. Finish & serve

To the bowl with **farro**, stir in **corn, onions, tomatoes, and half of the mint**. Add **vinaigrette** and toss to coat. Divide between serving bowls and top with **roasted zucchini**. Crumble **feta** over top and garnish with **remaining mint**. Serve with **plant-based chicken** and **lemon wedges** alongside for squeezing over top. Enjoy!