



20-Min: Summer Grain Bowl with Nectarines

& Buttermilk-Tarragon Dressing



ca. 20min



2 Servings

Grain bowls are the perfect speedy meal! We combine ready-to-heat farro with juicy tomatoes, baby spinach, and nectarines. Fresh nectarines are delightful as is, but we amp up the flavor even more by quickly broiling the fruit. It brings out the natural sweetness and adds caramel notes that pair perfectly with homemade tangy buttermilk-tarragon dressing.

What we send

- 1 pkg grape tomatoes
- 2 nectarines
- ¼ oz fresh tarragon
- 1 oz buttermilk powder ⁷
- 1 oz sour cream ⁷
- 4 oz farro ¹
- 3 oz baby spinach

What you need

- olive oil
- white wine vinegar (or red wine vinegar) ¹⁷
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium saucepan

Cooking tip

Time saver: In step 1, sandwich grape tomatoes between two plastic deli lids, then cut through the middle.

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 34g, Carbs 94g, Protein 20g



1. Prep ingredients

Cut **grape tomatoes** in half lengthwise. Halve **nectarines** and remove pits; cut each half into quarters. Pick and finely chop **1 tablespoon tarragon leaves**; discard stems.



2. Broil nectarines

Preheat broiler with a rack in the upper third. On a rimmed baking sheet, toss **nectarines** with **1 tablespoon oil** and spread to a single layer. Broil on upper oven rack, flipping halfway through, until nectarines are blistered in spots and tender, 6-8 minutes (watch closely as broilers vary).



3. Marinate nectarines

In a medium bowl, whisk to combine **half of the chopped tarragon** and **3 tablespoons each of oil and vinegar**. Season to taste with **salt** and **pepper**. Add **broiled nectarines** to bowl and toss to coat with marinade. Set aside to marinate until step 6.



4. Make buttermilk dressing

In a small bowl, whisk to combine **all of the buttermilk powder, sour cream, remaining chopped tarragon, 2 tablespoons water, and 1 tablespoon oil**. Season to taste with **salt** and **pepper**. Slightly thin dressing by stirring in **½ teaspoon water** at a time, if necessary.



5. Cook farro

Heat **1 tablespoon oil** in a medium saucepan over medium-high.

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.



6. Assemble salad & serve

Transfer **farro** to a plate, then top with **spinach**. Scatter **tomatoes, nectarines, and any marinade** on top. Drizzle **buttermilk dressing** over. Enjoy!