



## Fast! 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 <sup>1</sup>
- 1 oz sour cream <sup>1</sup>
- 10 oz ready to heat farro <sup>2</sup>
- 3 oz baby spinach

## What you need

- olive oil
- white wine vinegar (or red wine vinegar)
- 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

Milk (1), Wheat (2). 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. Heat farro

In a medium saucepan, combine **farro** and **2 tablespoons water**. Cook over medium-high heat, stirring, until just warmed through, 2-3 minutes. (Alternatively, place farro in a medium microwave-safe bowl, cover with a damp paper towel, and heat in microwave for 60-90 seconds.)



### 6. Assemble salad & serve

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