



Spiced Honeynut Squash & Farro Salad

with Blue Cheese, Walnuts & Maple Vinaigrette



40-50min



2 Servings

You won't come by a salad this hearty, satisfying, and deliciously autumnal very often! We toss honeynut squash in maple syrup and roast it with fennel til they're caramelized and tender, then walnuts also go into the oven to get nice and toasty. Just combine them with farro, spinach, and a maple vinaigrette—but don't forget the blue cheese and a squeeze of lemon to top it all off.

What we send

- 4 oz farro ¹
- 1 lemon
- 1 oz maple syrup
- 1 bulb fennel
- 1 honeynut squash
- ¼ oz Chinese five spice
- 1 oz walnuts ¹⁵
- 5 oz baby spinach
- 1 oz blue cheese crumbles ⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- 2 rimmed baking sheets

Cooking tip

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Allergens

Wheat (1), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 37g, Carbs 74g, Protein 18g



1. Cook farro

Preheat oven to 425°F with racks in the center and lower third.

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat until ready to serve.



4. Roast squash & fennel

Roast on lower oven rack until browned, 15-20 minutes. Toss **squash** with **remaining maple syrup** and **½ teaspoon Chinese five spice**. Flip **fennel**.

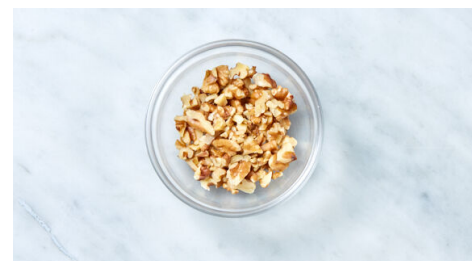
Continue roasting until squash is caramelized and both veggies are tender, 5-7 minutes more.



2. Make dressing

Squeeze **2 teaspoons lemon juice** into a small bowl. Add **2 tablespoons oil** and **1 teaspoon maple syrup**. Whisk to combine; season to taste with **salt** and **pepper**.

Cut remaining lemon into wedges.



5. Toast nuts

Transfer **walnuts** to a second baking sheet; spread into a single layer.

Bake on center oven rack until toasted and fragrant, 5-7 minutes. Let cool slightly and coarsely chop.



3. Prep veggies

Halve **fennel** lengthwise. Remove and discard core, then cut into ½-inch thick wedges. Halve **squash** and scoop out seeds. Cut into ½-inch thick slices.

On a rimmed baking sheet, toss fennel and squash with **1 tablespoon oil** each, keeping separate. Season with **salt** and **pepper**.



6. Finish & serve

Toss **spinach** with **a drizzle of oil**; season with **salt** and **pepper**. Top with **farro** and **roasted veggies**.

Serve **squash and farro salad** with **blue cheese, walnuts, maple vinaigrette**, and **lemon wedges**. Enjoy!