

MARLEY SPOON



Plant-Based Chicken & Farro Grain Bowl

with Mozzarella & Arugula



30min



2 Servings

Chewy farro. Marinated mozzarella and cannellini beans. Crisp radish. Quick-cooking plant-based chicken. This is no ordinary grain bowl! Top it all with crunchy walnuts and a honey-Dijon dressing to pull it all together. Don't mind if we do.

What we send

- 4 oz farro ¹
- 1 oz walnuts ¹⁵
- 15 oz can cannellini beans
- 3¾ oz mozzarella ⁷
- 1 lemon
- ¼ oz Tuscan spice blend
- 1 bag radishes
- 8 oz pkg plant-based chicken ⁶
- ½ oz honey
- 5 oz arugula
- 1 (¼ oz) Dijon mustard

What you need

- neutral oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- kosher salt & ground pepper

Tools

- medium saucepan
- medium nonstick skillet
- microplane or grater

Allergens

Wheat (1), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 990kcal, Fat 54g, Carbs 82g, Protein 52g



1. Cook farro, toast walnuts

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.

Heat **1 teaspoon oil** in a medium nonstick skillet over medium-high. Add **walnuts** and a **pinch of salt**; cook, stirring, until lightly toasted, 2-3 minutes. Transfer to a plate. Set aside and wipe out skillet.



4. Prep dressing

To bowl with **lemon juice**, whisk in **honey, Dijon** and **¼ cup oil**. Season to taste with **salt** and **pepper**.



2. Marinate beans & cheese

Meanwhile, rinse and drain **beans**. Cut **mozzarella** into bite-sized cubes. Finely grate **zest from half the lemon** into a medium bowl. Add **beans, cheese, 1 tablespoon each of oil and vinegar**; toss to combine. Season to taste with **Tuscan spice** and **salt**. Set aside to marinate.



5. Serve

Transfer **farro, plant chicken, arugula, beans, mozzarella** and **radishes** to deep bowls. Sprinkle **walnuts** on top and drizzle **dressing** over top. Enjoy!



3. Prep ingredients

Thinly slice **radishes** into rounds. Squeeze **all of the lemon juice** into a large bowl.

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **plant chicken** and cook until browned and heated through, 3-5 minutes. Transfer plant chicken to a plate.



6. Make ahead to eat later!

Transfer **beans, mozzarella and radishes** to a resealable container and store in fridge. Transfer **dressing** to a separate container and store in fridge. When ready to eat, heat **plant chicken** and **farro** as directed in steps 1 and 3, toss **farro** and **arugula** with **dressing**, and plate as directed in step 5.