



Fast! Caprese Bowl with Daring Plant Chicken

Farro, Pesto & Pine Nuts



ca. 20min



2 Servings

Caprese salad is so delicious that we created a meal inspired by it! Tomatoes, mozzarella, and basil comprise the classic Caprese. Our twist? We add plant-based chicken, a farro salad with fresh spinach, and ready-made pesto for a sweet basil flavor in every bite. A warm balsamic vinaigrette brings it all together. You can almost feel the warm Mediterranean sun beaming down on you!

What we send

- 4 oz farro ¹
- 5 oz baby spinach
- 2 oz basil pesto ⁷
- ½ oz pine nuts ¹⁵
- 2 plum tomatoes
- 8 oz pkg plant-based chicken ⁶
- 1 pkt Dijon mustard ¹⁷
- ¾ oz mozzarella ⁷

What you need

- olive oil
- balsamic vinegar ¹⁷
- sugar
- kosher salt & ground pepper

Tools

- medium skillet
- small saucepan

Cooking tip

No balsamic vinegar? Mix red wine vinegar with a pinch of sugar and use in place of balsamic.

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 820kcal, Fat 45g, Carbs 61g, Protein 47g



1. Cook farro

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well. Working in batches if necessary, add **spinach** and stir until wilted, about 1 minute more. Add **pesto** and stir until farro and spinach are evenly coated. Remove from heat. Season to taste with **salt** and **pepper**.



4. Make warm vinaigrette

Transfer **plant chicken** to a plate. Remove skillet from heat. Add **mustard** and **1 tablespoon each of oil, vinegar, and water** to reserved skillet. Whisk until combined and vinaigrette is emulsified. Stir **2 tablespoons water** to thin. Season to taste with **salt** and **pepper**.



2. Toast pine nuts

Transfer **pine nuts** to a large skillet. Cook over medium-high heat, stirring, until toasted and browned, 2-3 minutes (watch closely). Transfer to a small bowl. Reserve skillet for step 3.



5. Assemble

Spoon **farro** into bowls and top with **plant-based chicken** and **tomatoes**. Tear **mozzarella** into large pieces; place next to **plant-based chicken** and **tomatoes**. Drizzle **warm balsamic vinaigrette** over top, and garnish with **toasted pine nuts**.



3. Prep tomatoes & chicken

Meanwhile, cut **tomatoes** into 1-inch pieces.

In a medium bowl, combine **1 tablespoon each of oil and vinegar**, and **¼ teaspoon each of sugar and salt**. Add **tomatoes** and stir to combine, set aside to marinate until step 5.

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



6. Serve

Enjoy!