



Roasted Carrots & Crispy Kale

with Farro & Miso-Honey Vinaigrette



30-40min



2 Servings

The key to satisfying vegetarian meals is combining a variety of textures and colors, just like the ones in this salad. Roasted carrots and onions, crispy kale, and tender farro hit all the right notes. Toasted pine nuts and sesame seeds add crunch and a sweet and salty dressing pulls it all together. Cook, relax, and enjoy!

What we send

- quick-cooking farro ¹
- apple cider vinegar
- honey
- white onion
- white miso ^{1,6}
- carrots
- curly kale
- pine nuts ¹⁵
- mixed sesame seeds ¹¹

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- rimmed baking sheet
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 695kcal, Fat 25g, Carbs 84g, Proteins 24g



1. Roast vegetables

Preheat oven to 425°F. Trim ends from **onion**, then halve, peel, and thinly slice **half**, leave the **other half** intact. Peel **carrots**; halve lengthwise if very thick. Toss carrots and sliced onion with **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper** on a rimmed baking sheet. Roast until vegetables are golden and almost tender, 20-25 minutes.



4. Make dressing

In a medium bowl, whisk **miso**, **honey**, **remaining apple cider vinegar**, and **1 tablespoon oil** until smooth. Add **water**, **1 tablespoon at a time**, until dressing is just thin enough to drizzle.



2. Cook farro

Meanwhile, combine **farro**, **remaining onion half**, **2½ cups water**, **2 tablespoons vinegar**, and **½ teaspoon salt** in a medium saucepan. Bring to a boil, reduce heat to low, and simmer, covered, until farro is tender, 15-20 minutes; drain, discarding onion.



3. Roast kale

Remove stems from **kale** and discard. Tear **leaves** into bite-size pieces; toss with **1 tablespoon oil**, and season with **salt** and **pepper**. Add kale to baking sheet with **carrots** and **onions**, and continue to roast until kale is slightly wilted and crispy in spots, about 5 minutes more.



5. Toast nuts & seeds

Place **pine nuts** and **sesame seeds** on a second rimmed baking sheet and bake until golden, about 4 minutes.



6. Finish

Serve **farro** and **roasted vegetables** drizzled with **miso-honey dressing**, and topped with **pine nuts** and **sesame seeds**. Enjoy!