



Warm Grain & Squash Salad

with Brown Butter Vinaigrette



30-40min



2 Servings

This is a grain bowl meets salad that has it all: roasted pieces of butternut squash and red onion, chewy farro, sweet-tart dried apricots, creamy feta cheese, fresh spinach, and crunchy roasted salted pumpkin seeds. A warm, nutty brown-butter vinaigrette brings it all together. Autumn in a bowl. Cook, relax, and enjoy!

What we send

- ½ lb butternut squash
- 1 red onion
- 1 oz dried apricots ¹²
- 4 oz farro ¹
- 2 (¼ oz) Dijon mustard
- 5 oz baby spinach
- 2 oz feta ⁷
- 1 oz pumpkin seeds

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷
- apple cider vinegar (or white wine vinegar)

Tools

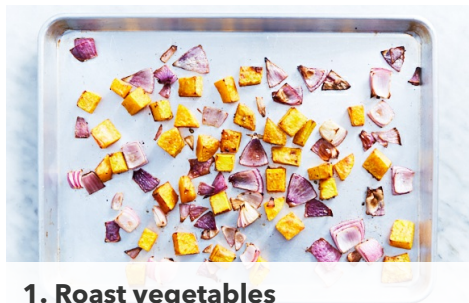
- medium pot
- rimmed baking sheet
- fine-mesh sieve
- small skillet

Allergens

Wheat (1), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 47g, Carbs 79g, Protein 19g



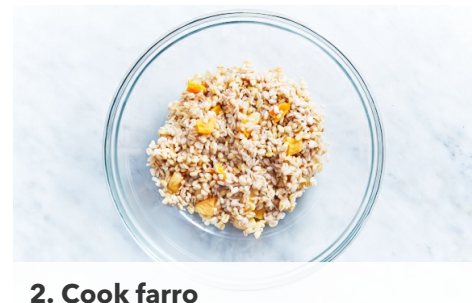
1. Roast vegetables

Preheat oven to 450°F with a rack in the upper third. Bring a medium pot of **salted water** to a boil. Cut **squash** into ¾-inch pieces. Cut **onion** into 1-inch pieces. In a medium bowl, toss squash and onions with **2 tablespoons oil** and season with **salt** and **pepper**. Transfer to a rimmed baking sheet and roast on upper oven rack until tender, 18-20 minutes.



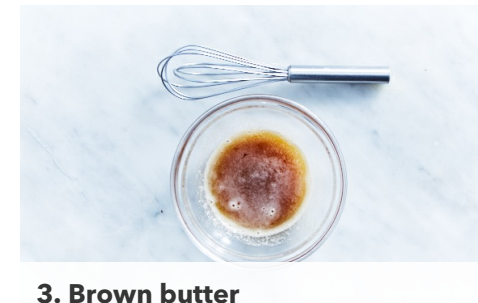
4. Warm grains

Transfer **farro** and **apricots** to baking sheet with **vegetables**. Toss gently to combine. Bake on upper oven rack until grains are warm, 2-3 minutes.



2. Cook farro

Meanwhile, chop **dried apricots**, if necessary. To pot with boiling **salted water**, add **apricots** and **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat.



3. Brown butter

In a small skillet, melt **2 tablespoons butter** over medium-high, swirling skillet occasionally, until starting to brown, 3-4 minutes (watch carefully as butter burns easily). Immediately scrape into a small bowl and whisk with **1 tablespoon oil**.



5. Make vinaigrette

In a large bowl, whisk to combine **1 tablespoon vinegar** and **all of the Dijon mustard**. In a slow, steady stream, whisk in **brown butter and oil mixture**; season to taste with **salt** and **pepper**.



6. Finish & serve

Transfer **farro** and **roasted vegetables** to bowl with **brown butter vinaigrette**. Add **spinach** and toss gently to coat. Crumble **feta cheese** into salad along with **half of the pumpkin seeds** and toss to combine. Transfer **salad** to a platter and garnish with **remaining pumpkin seeds**. Enjoy!