

# DINNERLY



## Roasted Broccoli Grain Bowl with Tahini Dressing & Mint



under 20min



2 Servings

In our professional opinion, a hearty, wholesome grain bowl is one of the best ways to get your nutrients. The farro is loaded up with roasted broccoli and onions, thinly sliced radish, creamy tahini, and a perfectly jammy egg. We've got you covered!

### WHAT WE SEND

- 1 yellow onion
- ½ lb broccoli
- 1 oz tahini <sup>2</sup>
- 1 radish
- ¼ oz fresh mint
- 4 oz farro <sup>3</sup>
- ¼ oz pkt toasted sesame seeds <sup>2</sup>

### WHAT YOU NEED

- 2 large eggs <sup>1</sup>
- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or vinegar of your choice)
- sugar

### TOOLS

- medium saucepan
- rimmed baking sheet

### ALLERGENS

Egg (1), Sesame (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 590kcal, Fat 32g, Carbs 56g, Protein 22g



#### 1. Boil eggs

Preheat broiler with a rack in the upper third.

Fill a medium saucepan with **water** and bring to a boil. Carefully add **2 large eggs**; cook until set, about 6 minutes. Using a slotted spoon, transfer eggs to a bowl with **ice water** to cool until ready to serve. Reserve saucepan.



#### 2. Broil veggies

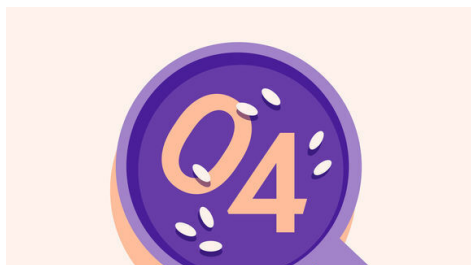
Meanwhile, halve **onion** and cut into ½-inch thick wedges. Cut **broccoli** into florets, if necessary. Toss broccoli and onions on a rimmed baking sheet with **2 tablespoons oil** and a **pinch each of salt and pepper**.

Broil on upper oven rack until charred and tender, 8–10 minutes (watch closely as broilers vary).



#### 3. Cook farro

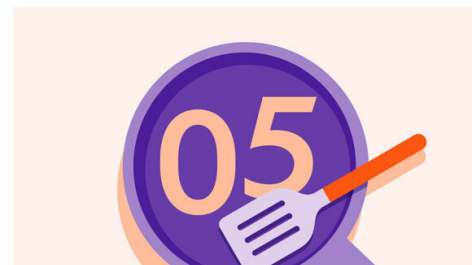
Heat **1 tablespoon oil** in same saucepan over medium-high. Add **farro** and cook until toasted, about 2 minutes. Add **2 cups water** and **½ teaspoon salt**; cover and bring to a boil. Reduce heat to a simmer; cook until farro are tender, about 18–20 minutes. Drain well; cover to keep warm off heat.



#### 4. Prep ingredients

Meanwhile, in a small bowl, whisk to combine **tahini**, **5 teaspoons water**, **½ teaspoon vinegar**, and a **pinch of sugar** (if too thick, add more water, 1 teaspoon at a time, until it drizzles from a spoon). Season to taste with **salt** and **pepper**.

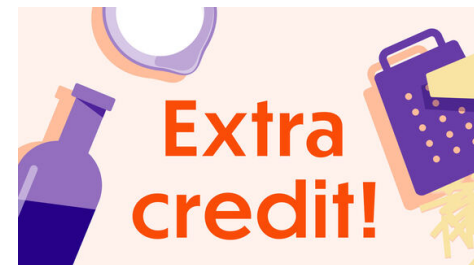
Thinly slice **radish**. Pick **mint leaves** from stems and coarsely chop; discard stems.



#### 5. Assemble & serve

Peel **eggs** and cut in half. Transfer **farro** to bowls. Top with **broccoli and onions**, **radishes**, and **eggs**. Drizzle with **tahini dressing**.

Serve **broccoli grain bowl** garnished with **sesame seeds** and **mint**. Enjoy!



#### 6. Bring the heat!

If you like spice, sprinkle some red chili flakes over top.