



Caprese Farro Bowl with Daring Plant Chicken

Pesto & Pine Nuts



25min



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
- ¼ oz Dijon mustard
- 3¾ oz mozzarella ⁷

What you need

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

Tools

- medium saucepan
- medium skillet

Cooking tip

No balsamic vinegar? Substitute red wine vinegar mixed with a pinch of sugar.

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 810kcal, Fat 45g, Carbs 56g, Protein 48g



1. Cook farro

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well and return to saucepan over medium heat.

Working in batches if necessary, add **spinach** and stir until wilted, about 1 minute. Add **pesto** and stir until evenly coated. Off heat, season to taste with **salt** and **pepper**.



4. Cook plant-based chicken

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **plant-based chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until warmed through, about 2 minutes more. Transfer to a plate.



2. Toast pine nuts

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



5. Make warm vinaigrette

Remove skillet from heat. Add **mustard** and **1 tablespoon each of oil, vinegar, and water**. Whisk until fully combined. Stir in **2 tablespoons water** to thin. Season to taste with **salt** and **pepper**.



3. Marinate tomatoes

Cut **tomatoes** into 1-inch pieces.

In a small bowl, combine **1 tablespoon each of oil and vinegar** and **¼ teaspoon each of sugar and salt**. Add tomatoes and stir to combine; let marinate until ready to serve.



6. Assemble & serve

Tear **mozzarella** into large pieces.

Serve **farro** topped with **plant chicken, tomatoes, and mozzarella**. Garnish with **warm balsamic vinaigrette** and **toasted pine nuts**. Enjoy!