



Summer Grain Bowl with Nectarines

& Buttermilk-Tarragon Dressing



ca. 20min



2 Servings

Grain bowls are the perfect speedy meal! We combine hearty farro with juicy tomatoes, baby spinach, and nectarines. Fresh nectarines are delightful as is, but we amp up the flavor even more by quickly broiling the fruit. It brings out the natural sweetness and adds caramel notes that pair perfectly with homemade tangy buttermilk-tarragon dressing.

What we send

- 4 oz farro ¹
- 1 pkg grape tomatoes
- 2 nectarines
- ¼ oz fresh tarragon
- 1 oz buttermilk powder ²
- 1 oz sour cream ²
- 5 oz baby spinach

What you need

- olive oil
- white wine vinegar (or red wine vinegar)
- kosher salt & ground pepper

Tools

- medium saucepan
- rimmed baking sheet

Cooking tip

Time saver: In step 1, sandwich grape tomatoes between two plastic deli lids, then cut through the middle.

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 34g, Carbs 71g, Protein 16g



1. Cook farro

Preheat broiler with a rack in the upper third.

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat until ready to serve.



4. Marinate nectarines

In a medium bowl, whisk to combine **half of the chopped tarragon** and **3 tablespoons each of oil and vinegar**. Season to taste with **salt** and **pepper**. Add **broiled nectarines** and toss to coat. Set aside to marinate until step 6.



2. Prep ingredients

Halve **tomatoes** lengthwise.

Halve **nectarines** and remove pits; cut into quarters.

Pick and finely chop **1 tablespoon tarragon leaves**; discard stems.



5. Make buttermilk dressing

In a small bowl, whisk to combine **all of the buttermilk powder, sour cream, remaining chopped tarragon, 2 tablespoons water, and 1 tablespoon oil**. Season to taste with **salt** and **pepper**. Slightly thin by stirring in **½ teaspoon water** at a time, if necessary.



3. Broil nectarines

On a rimmed baking sheet, toss **nectarines** with **1 tablespoon oil** and spread to a single layer.

Broil on upper oven rack until blistered in spots and tender, flipping halfway through, 6-8 minutes (watch closely as broilers vary).



6. Assemble salad & serve

Transfer **farro** to a plate, then top with **spinach**. Scatter **tomatoes, nectarines, and any marinade** on top. Drizzle with **buttermilk dressing**. Enjoy!