



FAST

## Bistro-Style Kale & Farro

with A Fried Egg & Jumbo Croutons



20-30min



2 Servings

Want to feel like you're sitting in a farm-to-table restaurant? Tuck into this hearty dish. It combines tender chopped kale, nutty farro, and big, garlicky croutons, all tossed in a creamy lemon dressing and topped with a sunny-side up egg and a drizzle of Sriracha. Home cooking never tasted so on-trend.

## What we send

- 1 lemon
- garlic (use 1 large clove)
- 1 bunch Tuscan kale (use  $\frac{3}{4}$ )
- 1 oz mayonnaise <sup>3,6</sup>
- $\frac{1}{2}$  oz pkt whole-grain mustard <sup>17</sup>
- 1 ciabatta roll <sup>1,6</sup>
- $\frac{3}{4}$  oz piece Parmesan <sup>7</sup>
- 4 oz quick-cooking farro <sup>1</sup>
- 1 pkt Sriracha

## What you need

- olive oil
- kosher salt & ground pepper
- large eggs <sup>3</sup>

## Tools

- small saucepan
- box grater or microplane
- fine-mesh sieve
- medium nonstick skillet

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), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 820kcal, Fat 43g, Carbs 80g, Proteins 25g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Bring a small saucepan of **salted water** to a boil. Finely grate  **$\frac{1}{4}$  teaspoon lemon zest and garlic** into a small bowl (save rest of the clove for step 4). Squeeze **2 tablespoons lemon juice** into same bowl. Strip **kale leaves** from  **$\frac{3}{4}$  of the stems** (save rest for own use). Discard stems, then stack leaves and slice into thin ribbons.



### 4. Make croutons

Split **ciabatta**, if necessary; brush all over lightly with **oil**. Toast directly on center oven rack until golden, about 6 minutes (watch closely, as ovens vary). Rub cut sides of ciabatta lightly with **reserved garlic clove** and season with **salt**. Tear **ciabatta** into large croutons. Coarsely grate **Parmesan** on the large holes of a box grater.



### 2. Make dressing

Whisk **mayonnaise**,  **$\frac{1}{2}$  tablespoon mustard**, and  **$2\frac{1}{2}$  tablespoons oil** into the bowl with **grated zest and garlic** and **lemon juice**. Season with **pepper**.



### 5. Cook farro

Add **farro** to boiling water and cook until al dente, 8-10 minutes. Drain in a fine-mesh sieve and rinse briefly under running water to stop the cooking. Drain again, shaking out excess water. Add to bowl with **kale**. Add **croutons**,  **$\frac{3}{4}$  of the Parmesan**, and **remaining dressing** and toss to coat.



### 3. Dress kale

In a medium bowl, sprinkle **kale** with  **$\frac{1}{2}$  teaspoon salt**. Using your hands, massage kale until slightly softened and wilted. Add **half of the dressing** and toss to coat. Let sit until ready to serve.



### 6. Fry eggs & serve

Spoon **kale salad** onto plates. Heat **1 tablespoon oil** in a medium nonstick skillet until shimmering. Crack **2 large eggs** into skillet and cook over medium heat until whites are set and yolks are still runny, about 3 minutes. Season with **salt** and **pepper**. Top **kale** with **eggs** and **remaining Parmesan**. Drizzle **Sriracha** on top, if desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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