



Farro & Butternut Squash Risotto

with Lemon & Parmesan



30-40min



2 Servings

Farro is one of the world's oldest cultivated wheat grains, thanks to its distinctive flavor, texture, and nutrient quotient. Here, it stands in for the usual Arborio rice in a hearty autumn risotto. The dish is flavored with garlic, lemon, and Parmesan, then made main-course worthy with two substantial toppings: roasted butternut squash and chopped kale.

What we send

- 1 yellow onion
- garlic
- 4 oz farro ²
- ½ lb butternut squash
- ¼ oz fresh rosemary
- 1 bunch curly kale
- 2 (¾ oz) Parmesan ¹
- 1 lemon

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹

Tools

- medium skillet
- rimmed baking sheet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 40g, Carbs 68g, Protein 18g



1. Start risotto

Preheat oven to 450°F with a rack in the upper third. Finely chop **½ cup onion** and **1 teaspoon garlic**. In a liquid measuring cup, stir to combine **3½ cups hot tap water** and **¾ teaspoon salt**. Heat **1 tablespoon oil** (or butter) in a medium skillet over medium-high. Add onions and cook, stirring, until softened, 2-3 minutes.



2. Cook risotto

Add **farro** and **garlic** to skillet. Cook, stirring, until farro is toasted, 2 minutes. Stir in **½ cup of the seasoned water**; cook over medium-high heat, stirring, until water is nearly absorbed, 1-2 minutes. Continue adding **½ cup of the remaining water** at a time, stirring, until all of the water is nearly absorbed, 25 minutes total. Farro will be tender and suspended in a thick sauce.



3. Roast squash

Meanwhile, cut **butternut squash** into ½-inch pieces. Pick **1 tablespoon rosemary leaves** from stems; discard stems and finely chop leaves. On a rimmed baking sheet, toss squash and chopped rosemary with **1 tablespoon oil** and a **generous pinch each of salt and pepper**. Roast on upper oven rack until squash is golden-brown and tender, about 15 minutes, stirring halfway through.



4. Roast kale

Strip **half of the kale leaves** from stems; discard stems. Chop about 4 cups kale into bite-sized pieces (save rest for own use). In a medium bowl, massage kale with **1 tablespoon each of oil and water**; season with **salt and pepper**. Add kale to baking sheet with **cooked squash**. Return to upper oven rack and roast until kale is tender and lightly browned, about 5 minutes.



5. Prep cheese & lemon

While **veggies** roast, finely grate **all of the Parmesan** and **1 teaspoon lemon zest**, keeping them separate. Separately squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



6. Finish risotto & serve

Stir **half of the Parmesan** and **2 tablespoons butter** into **farro**. Cook over medium heat, stirring, until cheese is melted, 1-2 minutes. Stir in **lemon juice** and **½ teaspoon of the zest**. Top **risotto** with **kale, butternut squash**, and **remaining Parmesan and lemon zest**. Serve **lemon wedges** for squeezing. Enjoy!