



Spring Veggie Farro Bowl with Salmon

Asparagus, Radish & Creamy Feta Sauce



30-40min



2 Servings

After a long winter of eating super-hearty stews, this bright grain bowl is a much welcomed change. Here, we combine all our favorite spring bites in one satisfying bowl: roasted asparagus and radishes, tender-chewy farro, creamy feta sauce, jammy soft boiled eggs, and fresh dill. It's all topped with roasted pumpkin seeds and chile vinaigrette for a dreamy dinner escape.

What we send

- 4 oz farro ²
- 1 Fresno chile
- 2 scallions
- ¼ oz fresh dill
- 2 oz feta ³
- 2 (1 oz) sour cream ³
- 2 radishes
- ½ lb asparagus
- 10 oz pkg salmon filets ⁴
- 1 oz pumpkin seeds

What you need

- kosher salt & ground pepper
- 2 large eggs ¹
- olive oil
- red wine vinegar (or apple cider vinegar)
- sugar

Tools

- medium saucepan
- rimmed baking sheet
- medium nonstick skillet

Allergens

Egg (1), Wheat (2), Milk (3), Fish (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1000kcal, Fat 65g, Carbs 48g, Protein 56g



1. Boil eggs & farro

Preheat oven to 450°F with a rack in the upper third.

Bring a medium saucepan of **salted water** to a boil. Carefully add **2 large eggs** (water should cover eggs by ½ inch). Simmer over medium heat, 6 minutes. Use a slotted spoon to transfer eggs to a bowl of ice water.

Bring water back to a boil. Add **farro** and cook until tender, 18–20 minutes. Drain well; cover to keep warm off heat.



4. Roast asparagus & radish

On a rimmed baking sheet, toss **asparagus** and **radishes** with **1 tablespoon oil**; season with **salt** and **pepper**.

Roast on upper oven rack until asparagus is bright green and veggies are crisp-tender, 8–10 minutes.



2. Make creamy feta sauce

Trim **scallions**, then thinly slice about ¼ cup. Coarsely chop **dill fronds and tender stems**.

Crumble **feta** into a small bowl, then add **all of the sour cream** and mash together with a fork. Stir in ⅔ **each of the sliced scallions and chopped dill** and **2 tablespoons water**. Season to taste with **salt** and **pepper**.



3. Prep ingredients

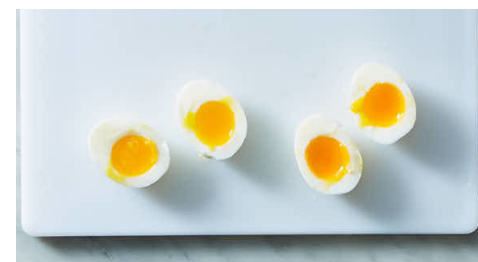
Meanwhile, trim ends from **radishes**, then cut into ½-inch wedges. Trim woody ends from **asparagus**. Halve **chile**, discard stem and seeds, and finely chop.

In a small bowl, whisk together **2 tablespoons oil**, **1 tablespoon vinegar**, and **a generous pinch each of sugar, salt, and pepper**. Stir in chiles; set aside until ready to serve.



5. Cook salmon

Pat **fish** dry. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Reduce heat to medium; add fish, skin-side down. Firmly press each filet with back of a spatula, 10 seconds. Cook, occasionally pressing gently on filets, until skin is well browned, very crisp, and fish is almost cooked through, about 5 minutes. Flip and cook until just medium, about 1 minute more.






6. Assemble & serve

Peel **eggs**, then halve lengthwise.

Serve **farro** topped with **roasted radishes and asparagus, salmon, creamy feta sauce**, and **eggs**. Garnish with **pumpkin seeds, remaining scallions and dill**, and **chile vinaigrette**. Enjoy!

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

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