



Harissa-Honey Roasted Eggplant with Salmon

Corn, Farro & Ricotta



20-30min



2 Servings

Farro is one of the oldest cultivated wheat grains, originating in the Fertile Crescent thousands of years ago. And, like all good things, farro has stood the test of time due to its nutty flavor, delightfully chewy texture, and nutrient density. Nowadays, farro is primarily grown in Italy and is used in soups, salads, and as a side—in similar applications as rice, barley or quinoa.

What we send

- 4 oz farro ¹
- 1 eggplant
- ½ oz honey
- ¼ oz harissa spice blend
- 1 ear of corn
- 1 Fresno chile
- ¼ oz fresh mint
- 4 oz ricotta ²
- 10 oz pkg salmon filets ³

What you need

- kosher salt & pepper
- olive oil
- red wine vinegar (or apple cider vinegar)

Tools

- small saucepan
- rimmed baking sheet
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 1100kcal, Fat 69g, Carbs 77g, Protein 48g



1. Cook farro

Preheat broiler with a rack in the top position. Bring a small saucepan of **salted water** to a boil. Add **farro** and cook (like pasta) until tender, 18–20 minutes. Drain farro well.



4. Make dressing & ricotta

Meanwhile, thinly slice **Fresno chile**. Pick **mint leaves** from stems, discarding stems; coarsely chop leaves.

In a medium bowl, whisk **¼ cup oil** with **2 tablespoons vinegar**. Season to taste with **salt** and **pepper**.

In a separate small bowl, stir together **ricotta** and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



2. Broil eggplant

Trim stem end from **eggplant**, then halve lengthwise. Cut one half crosswise into ½-inch thick half-moons (save rest).

On a rimmed baking sheet, toss eggplant with **2 tablespoons oil** and **½ teaspoon salt**. Broil on top oven rack until lightly browned and tender, flipping once, about 5 minutes (watch closely as broilers vary).



3. Glaze eggplant

Use a knife to cut **corn kernels** from cob.

In a small bowl, stir to combine **honey**, **1 tablespoon water**, and **1½ teaspoons harissa**. Brush **broiled eggplant** with harissa-honey glaze. Sprinkle **corn** around eggplant on the baking sheet. Broil on top oven rack until eggplant is caramelized and corn is lightly charred, 3–5 minutes.



5. Cook salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, about 4 minutes. Flip and cook until just medium, about 1 minute more.



6. Finish & serve

Add **cooked farro** to medium bowl with **dressing**; stir to coat. Season with **salt** and **pepper**. Toss **eggplant and corn** on the baking sheet with **most of the mint**. Spoon farro into bowls, then top with **salmon, eggplant**, and **corn**. Serve topped with **a dollop of seasoned ricotta**, **some of the sliced chiles** (depending on heat preference), and **remaining mint**. Enjoy!