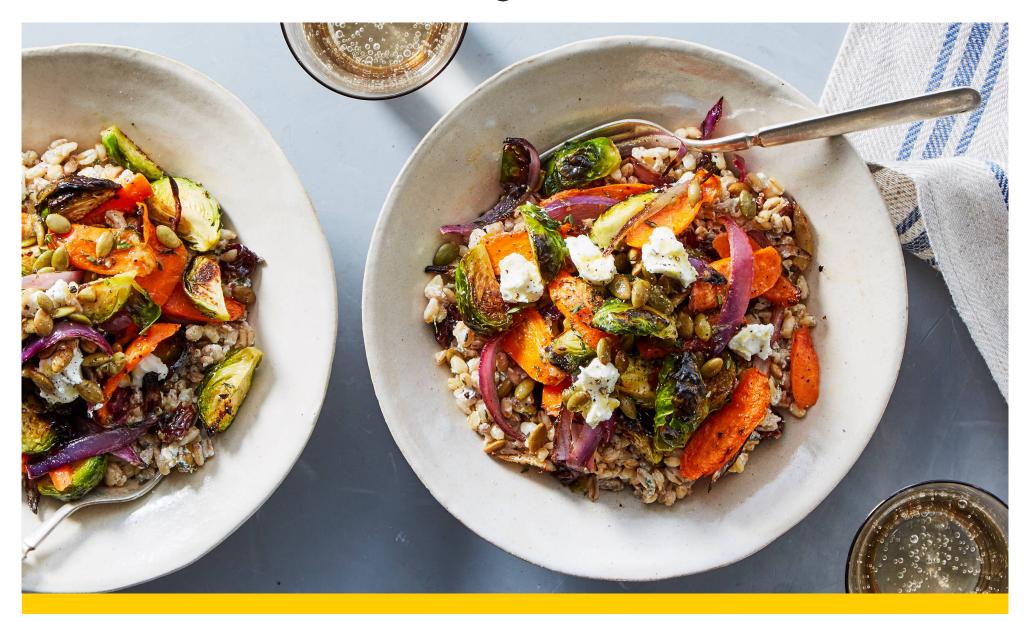
MARLEY SPOON



Fall Harvest Salmon & Veggie Grain **Bowl**

with Dried Cherries & Feta





Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This hearty version showcases a bed of warm farro covered in a multitude of textures-tender salmon, crisp Brussels sprouts and carrots, and creamy feta. A final garnish of sweet dried cherries and crunchy pumpkin seeds hits all the right notes.

What we send

- 2 carrots
- ½ lb Brussels sprouts
- 1 red onion
- 1 lemon
- ¼ oz fresh thyme
- 4 oz farro 1
- 1 oz dried cherries
- 2 oz feta ²
- 10 oz pkg salmon filets ³
- 1 oz pepitas

What you need

- kosher salt & ground pepper
- · olive oil
- sugar

Tools

- · microplane or grater
- medium 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 1160kcal, Fat 69g, Carbs 93g, Protein 51g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel **carrots**; cut into ¼-inch slices. Trim and halve **Brussels sprouts** (quarter, if large). Cut **onion** through core into ½-inch wedges. Grate **1 teaspoon lemon zest** and squeeze **half of the lemon** into a small bowl; cut remaining lemon halve into 2 wedges. Pick and finely chop **half of the thyme**; reserve remaining whole stems.



2. Roast vegetables

Fill a medium saucepan with **salted** water; bring to a boil.

On a rimmed baking sheet, toss **carrots**, **Brussels sprouts**, **onions**, **lemon** wedges, reserved thyme sprigs, 2 tablespoons oil, and ½ teaspoon each of salt and pepper; spread into an even layer. Roast on upper oven rack until veggies are tender and well browned, about 25 minutes. Remove and discard thyme sprigs.



3. Cook farro; make dressing

Add **farro** to boiling water and cook, stirring occasionally, until tender, 18-20 minutes. Add **cherries** during last 2 minutes of cooking. Drain.

Transfer roasted lemon wedges to a medium bowl and press with a spoon to squeeze juice; discard rind and seeds. Whisk in 2 tablespoons oil, 1 tablespoon water, and 3/3 of the feta. Season to taste with salt and pepper.



4. Cook salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over mediumhigh until shimmering. Add salmon, skinside 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.



5. Dress grains

Transfer farro, 3/3 of the chopped thyme, and 3/4 of the pepitas to bowl with lemon-feta dressing; toss to combine. Season to taste with salt and pepper.

To bowl with **lemon zest and juice**, add **1 tablespoon oil** and **½ teaspoon sugar**, whisking to combine. Season to taste with **salt** and **pepper**.



6. Serve

Remove whole thyme sprigs from roasted vegetables. Divide grain mixture between bowls, then top with roasted vegetables, salmon, and remaining pepitas, chopped thyme, and feta. Drizzle with lemon vinaigrette. Enjoy!