



Upgrade to Add Tofu

Grilled Veggie Grain Salad



20-30min



2 Servings

This version of the recipe is customized with tofu! No grill or grill pan? See cooking tip.

What we send

- 1 zucchini
- 1 bell pepper
- 1 yellow onion
- ¼ oz fresh parsley
- 4 oz farro ¹
- 1 pkg extra-firm tofu ⁶
- 2 oz basil pesto ⁷
- 3¾ oz mozzarella ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- grill or grill pan
- medium saucepan

Cooking tip

Preheat broiler with rack in top position. Broil veggies and tofu in a single layer on a baking sheet, 3-4 minutes; flip and broil 3-4 minutes more.

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 820kcal, Fat 46g, Carbs 63g, Protein 44g

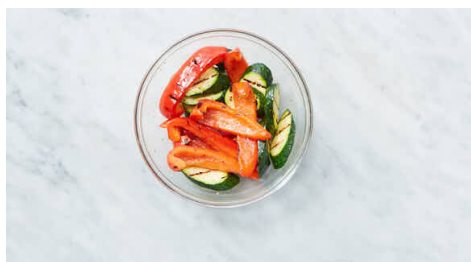


1. Prep ingredients

Preheat a grill on high, if using.

Trim stem ends from **zucchini**, then slice on an angle into ½-inch thick rounds. Halve **pepper**, remove stem and seeds, then cut into 1-inch thick slices.

Halve and thinly slice **½ cup of the onion** (save rest for own use). Pick **parsley leaves** from stems; discard stems.



4. Grill ingredients

Working in batches if necessary, add **vegetables** to grill or grill pan and cook until tender and charred, 4-5 minutes per side.

Grill or tofu until crisp and charred in spots, 2-3 minutes per side. Cut into cubes.



2. Cook farro

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **onions** and cook, stirring, until softened, 1-3 minutes.

Add **farro** and cook until toasted, about 2 minutes. Add **1 cup water** and **½ teaspoon salt**; cover and bring to a boil. Reduce heat to a simmer; cook until farro are tender and water is absorbed, about 12-15 minutes. Cover to keep warm until ready to serve.



5. Season farro

Fluff **farro** with a fork, then stir in **1 tablespoon pesto**. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Preheat a grill pan over high, if using.

In a medium bowl, gently toss **zucchini** and **peppers** with **1 tablespoon oil** and a **generous pinch each of salt and pepper**.

Drain **tofu**, then cut in half crosswise; cut one half into 4 slabs. Place on a paper towel-lined plate and pat tofu very dry.



6. Finish & serve

Spoon **farro** onto plates and top with **grilled vegetables**. Tear **mozzarella** into pieces and scatter over grilled vegetables. Drizzle with **remaining pesto** and garnish with **whole parsley leaves**. Enjoy!