



Spring Veggie Farro Bowl with Plant Chicken

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 of 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 pepitas and chili vinaigrette for a dreamy dinner escape.

What we send

- 10 oz ready to heat farro ²
- 2 radishes
- ½ lb asparagus
- 1 Fresno chile
- 2 scallions
- ¼ oz fresh dill
- 2 oz feta ³
- 2 (1 oz) sour cream ³
- 1 oz pumpkin seeds
- 8 oz pkg plant-based chicken ⁴

What you need

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

Tools

- small saucepan
- microwave
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 920kcal, Fat 50g, Carbs 75g,
Protein 53g



1. Boil eggs

Preheat oven to 450°F with a rack in the upper third. Bring a small saucepan of **salted water** to a boil. Carefully place **2 large eggs** into water (water should cover eggs by ½ inch). Simmer over medium heat for 6 minutes. Use a slotted spoon to transfer eggs to a bowl of cold water.



2. Heat farro

Transfer **farro** to a microwave-safe bowl and microwave until warmed through, 60–90 seconds. (Alternatively, add farro and **2 teaspoons oil** to skillet; cook, stirring, until just warmed through, 1–2 minutes.)



3. Prep veggies & dressing

Meanwhile, trim ends from **radishes**, then cut into ½-inch wedges. Trim woody ends from **asparagus**. Halve **Fresno 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 chopped chile, then set **vinaigrette** aside until ready to serve.



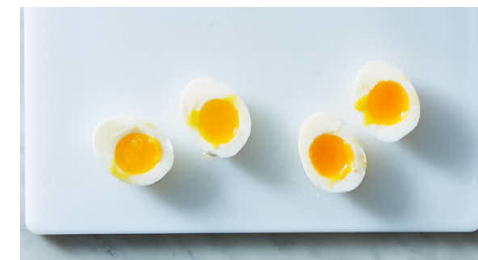
4. Roast veggies & chicken

On a rimmed baking sheet, toss **asparagus**, **plant chicken**, and **radishes** with **2 tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until asparagus is bright green and radishes are crisp-tender, 8–10 minutes.



5. 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 of the sliced scallions** and **chopped dill** and **2 tablespoons water**. Season to taste with **salt** and **pepper**.



6. Assemble & serve

Peel **eggs**, then halve lengthwise.

Serve **farro** topped with **roasted radishes**, **vegan chicken**, and **asparagus**, **creamy feta sauce**, and **eggs**. Sprinkle with **pepitas** and **remaining scallions and dill**. Drizzle **chile vinaigrette** over top. Enjoy!