

DINNERLY



Mozzarella & Tomato Grain Bowl with Spinach & Farro



ca. 20min



2 Servings

If you thought this was your standard grain bowl, you thought wrong. We took inspo from the famous and much-loved caprese, and turned it into a heart-healthy bowl piled high with pillowy farro tossed in tomatoey goodness. We'd make everything caprese-themed, if we could. We've got you covered!

WHAT WE SEND

- 4 oz farro ¹
- 2 scallions
- 8 oz tomato sauce
- 1 plum tomato
- 3¼ oz mozzarella ⁷
- 3 oz baby spinach

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- red wine vinegar (or white wine vinegar)

TOOLS

- medium saucepan
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 27g, Carbs 58g, Protein 22g



1. Cook grains

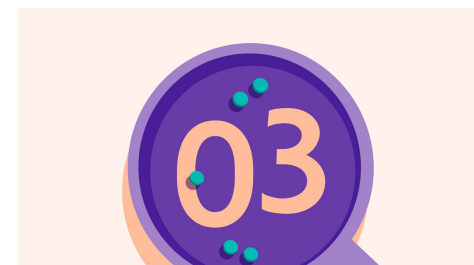
Bring a medium saucepan of **salted water** to a boil over high. Add **farro** and cook until al dente, 18–20 minutes. Drain well; cover to keep warm off heat until step 5.



2. Prep scallions & garlic

While **farro** cooks, trim ends from **scallions** and thinly slice.

Finely chop **2 teaspoons garlic**.



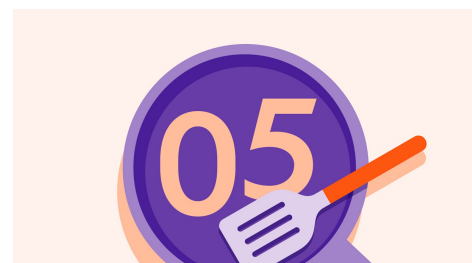
3. Cook tomato sauce

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chopped garlic** and **half of the scallions**; cook, stirring, until softened and fragrant, about 1 minute. Stir in **tomato sauce**, **¼ cup water**, and **¼ teaspoon salt**; bring to a simmer and cook, stirring occasionally, until slightly reduced, about 5 minutes.



4. Make salad

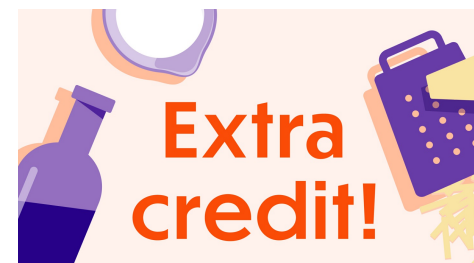
While **sauce** cooks, cut **tomato** and **mozzarella** into ½-inch pieces. Transfer to a medium bowl; toss with **remaining scallions**, **1 tablespoon vinegar**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Return skillet with **sauce** to medium-high heat; add **farro** and **spinach** and cook, stirring, until spinach is wilted, about 2 minutes. Season to taste with **salt** and **pepper**.

Serve **spinach and farro** topped with **mozzarella and tomato salad**. Enjoy!



6. Take it to the next level

Add chopped olives or pepperoncini, or even some capers to the salad in step 4 for a briny kick.