



Grilled Veggie Farro Salad

with Mozzarella & Pesto



20-30min



2 Servings

A Caprese salad meets a grain bowl! This flavorful dish features hearty farro topped with grilled veggies, fresh mozzarella, and herbaceous pesto. If you don't have a grill or grill pan, no problem! Refer to the cooking tip for alternative instructions.

What we send

- 1 zucchini
- 1 bell pepper
- 1 shallot
- ¼ oz fresh parsley
- 4 oz farro ¹
- 2 (2 oz) basil pesto ²
- 2 (3¾ oz) mozzarella ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

- grill or grill pan
- medium saucepan

Cooking tip

No grill or grill pan? Preheat broiler with a rack in the top position. Place veggies in a single layer on a baking sheet. Broil until lightly browned and tender, flipping once, about 5 minutes.

Allergens

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

Nutrition per serving

Calories 890kcal, Fat 58g, Carbs 57g, Protein 38g



1. Prep ingredients

Preheat a grill to high, if using.

Trim stem ends from **zucchini**, then slice on an angle into ½-inch thick rounds. Halve **pepper**, discard stem and seeds, then cut into 1-inch thick slices. Halve **shallot** and thinly slice one half (save rest for own use). Pick **parsley leaves** from stems; discard stems.



4. Finish & serve

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

Serve **farro** topped with **grilled vegetables, mozzarella, remaining pesto**, and **parsley leaves**. Enjoy!



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 tender and water is absorbed, about 18 minutes. Cover to keep warm until ready to serve.



5. ...

Looking for more steps?



3. Grill vegetables

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



6. ...

You won't find them here! Enjoy your Marley Spoon meal!