



Kale, Farro & Pear Salad

with Candied Pecans & Feta



30min



2 Servings

A great kale salad is all about bold flavors and contrasting textures. We toss kale leaves with crunchy candied pecans, juicy pears, feta, farro, and dried sweet cherries. Massaging the kale with a fresh orange-honey vinaigrette tenderizes the leaves and adds a bright, citrusy flavor. Ready-made fried onions are the final topping to this dinner-worthy salad—it will turn you into a kale salad convert!

What we send

- 4 oz farro ³
- ¼ oz ground cinnamon
- 1 oz pecans ²
- 1 bunch curly kale
- 1 orange
- ½ oz honey
- 1 oz dried cherries
- 2 oz feta ¹
- 1 pear
- ½ oz fried onions

What you need

- kosher salt & ground pepper
- sugar
- vanilla extract
- apple cider vinegar (or red wine vinegar)
- olive oil

Tools

- medium saucepan
- small skillet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 860kcal, Fat 49g, Carbs 88g, Protein 18g



1. Cook farro

Bring a medium saucepan of salted water to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well.

Line a plate with parchment paper.



2. Candy pecans

To a small skillet, add **1 tablespoon sugar, ½ teaspoon water, ⅛ teaspoon each of vanilla and cinnamon, and a small pinch of salt**. Cook over medium heat, stirring, until sugar melts and is bubbling.

Stir in **pecans**, tossing until nuts are evenly coated and smell nutty, 2-3 minutes (watch closely as the nuts will burn quickly!). Immediately spread onto parchment to cool.



3. Prep & make dressing

Strip **kale leaves** from tough stems; discard stems. Tear or chop leaves into bite-sized pieces; transfer to a large bowl.

Into a small bowl or measuring cup, finely grate **½ teaspoon orange zest** and squeeze **2 tablespoon juice**. Whisk in **honey, 1 tablespoon apple cider vinegar, and ¼ cup oil**. Season to taste with **salt and pepper**.



4. Massage kale

To bowl with **kale**, add **2 tablespoons of the dressing** and a **pinch each of salt and pepper**. Use your hands to massage well until kale is bright green and slightly wilted.



5. Build & toss salad

To bowl with **kale**, add **farro, dried cherries** and **crumbled feta**. Break in **candied pecans**. Toss well to combine.



6. Finish & serve

Quarter **pear** lengthwise, remove core, then slice lengthwise into ¼-inch-thick slices.

Divide **salad** between bowls. Top with **sliced pears** and **fried onions**. Drizzle with **remaining dressing**. Enjoy!