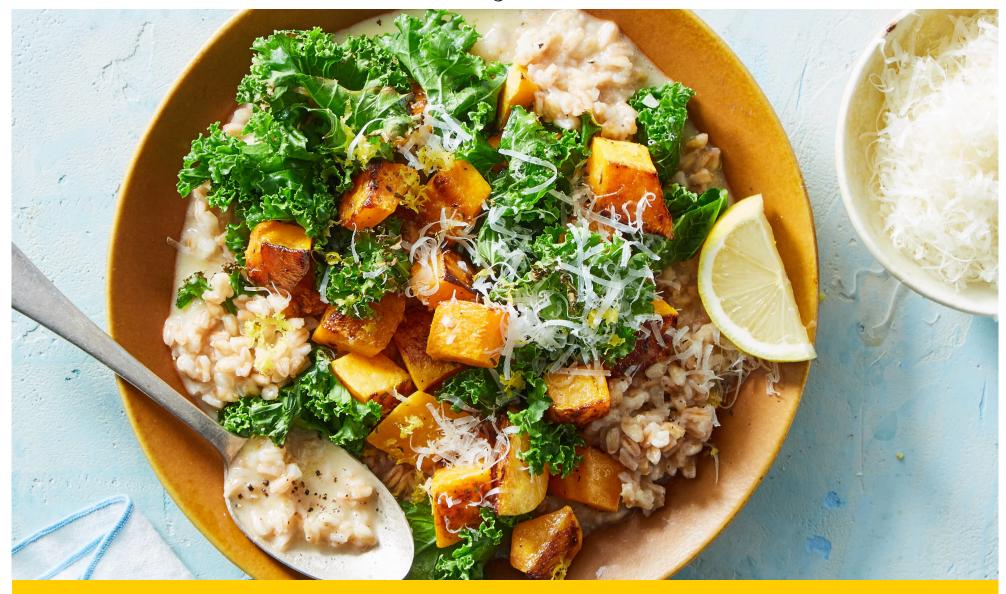
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Farro & Butternut Squash Risotto

with Lemon & Parmesan





Farro is one of the world's oldest cultivated wheat grains, thanks to its distinctive flavor, texture, and nutrient quotient. Here, it stands in for the usual Arborio rice in a hearty autumn risotto. The dish is flavored with garlic, lemon, and Parmesan, then made main-course worthy with two substantial toppings: roasted butternut squash and chopped kale.

What we send

- 1 shallot
- garlic
- 4 oz farro 1
- ½ lb butternut squash
- 1/4 oz fresh rosemary
- 1 bunch curly kale
- 2 (¾ oz) Parmesan 7
- 1 lemon

What you need

- kosher salt & ground pepper
- · olive oil
- butter ⁷

Tools

- · medium skillet
- rimmed baking sheet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 40g, Carbs 66g, Protein 17g



1. Start risotto

Preheat oven to 450°F with a rack in the upper third. Finely chop ½ cup shallot and 1 teaspoon garlic. In a liquid measuring cup, stir to combine 3½ cups hot tap water and ¾ teaspoon salt Heat 1 tablespoon oil (or butter) in a medium skillet over medium-high. Add shallots and cook, stirring, until softened, 2-3 minutes.



2. Cook risotto

Add **farro** and **garlic** to skillet. Cook, stirring, until farro is toasted, 2 minutes. Stir in ½ **cup of the seasoned water**; cook over medium-high heat, stirring, until water is nearly absorbed, 1–2 minutes. Continue adding ½ **cup of the remaining water** at a time, stirring, until all of the water is nearly absorbed, 25 minutes total. Farro will be tender and suspended in a thick sauce.



3. Roast squash

Meanwhile, cut **butternut squash** into ½-inch pieces. Pick **1 tablespoon rosemary leaves** from stems; discard stems and finely chop leaves. On a rimmed baking sheet, toss squash and chopped rosemary with **1 tablespoon oil** and **a generous pinch each of salt and pepper**. Roast on upper oven rack until squash is golden-brown and tender, about 15 minutes, stirring halfway through.



4. Roast kale

Strip half of the kale leaves from stems; discard stems. Chop about 4 cups kale into bite-sized pieces (save rest for own use). In a medium bowl, massage kale with 1 tablespoon each of oil and water; season with salt and pepper. Add kale to baking sheet with cooked squash. Return to upper oven rack and roast until kale is tender and lightly browned, about 5 minutes.



5. Prep cheese & lemon

While **veggies** roast, finely grate **all of the Parmesan, if necessary,** and **1 teaspoon lemon zest**, keeping them separate. Separately squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



6. Finish risotto & serve

Stir half of the Parmesan and 2 tablespoons butter into farro. Cook over medium heat, stirring, until cheese is melted, 1-2 minutes. Stir in lemon juice and ½ teaspoon of the zest. Top risotto with kale, butternut squash, and remaining Parmesan and lemon zest. Serve lemon wedges for squeezing. Enjoy!