

MARLEY SPOON



Plant-Based Chicken Farro Salad

with Charred Zucchini, Tomatoes & Mint



25min



2 Servings

For a fast and hearty vegetarian meal, we turn to nutty, filling farro. Roasting zucchini, onions, and corn with smoked paprika brings out their inherent sweetness along with an earthy, smoky flavor. Plant-based chicken and fresh tomatoes add pops of juicy flavor in a lemony vinaigrette, while crumbled feta and fresh mint top it off.

What we send

- 4 oz farro ¹
- 1 zucchini
- 1 yellow onion
- ¼ oz smoked paprika
- 2½ oz corn
- 1 lemon
- 1 large pkg grape tomatoes
- ¼ oz fresh mint
- 8 oz pkg plant-based chicken ²
- 2 oz feta ³
- 1 (¼ oz) Dijon mustard

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- medium saucepan
- rimmed baking sheet
- microplane or grater
- medium nonstick skillet

Cooking tip

To quickly halve the grape tomatoes, sandwich them between two deli container lids to hold them in place. Using a sharp knife, slice in between the lids.

Allergens

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

Nutrition per serving

Calories 670kcal, Fat 26g, Carbs 72g, Protein 39g



1. Cook farro

Preheat broiler with a rack in the upper third.

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat until ready to serve.



4. Make vinaigrette

Finely grate **½ teaspoon lemon zest** and squeeze **juice from ¼ of the lemon** into a small bowl. Add **Dijon mustard, 2 tablespoons oil, and a pinch of sugar**; whisk to combine. Season to taste with **salt and pepper**.

Cut **remaining lemon** into wedges. Halve **tomatoes**. Pick **mint leaves** from stems, tearing if large; discard stems.



2. Prep veggies

Quarter **zucchini** and cut into 3-inch long sticks.

Halve and thinly slice **half of the onion** (save rest for own use).



3. Broil veggies

On a rimmed baking sheet, toss **zucchini and onions** with **½ teaspoon smoked paprika** and a **drizzle of oil**. Season with **salt and pepper**. Broil on upper oven rack until they begin to brown, 5-8 minutes (watch closely as broilers vary).

Add **corn** and continue broiling until all veggies are browned in spots, about 5 minutes more.



5. Cook plant chicken

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **plant-based chicken** and cook until golden brown and heated through, 3-4 minutes per side.



6. Assemble & serve

To saucepan with **farro**, stir in **corn, onions, tomatoes**, and **half of the mint**. Add **vinaigrette** and toss to coat.

Serve **farro** topped with **plant chicken, roasted zucchini, crumbled feta**, and **remaining mint**. Serve **lemon wedges** alongside. Enjoy!