

# MARLEY SPOON



## Spring Veggie Farro Bowl with Plant Chicken

Asparagus, Radish & Creamy Feta Sauce



30-40min



2 Servings

After a long winter of eating super-hearty stews, this bright grain bowl is a much welcomed change. Here, we combine all our favorite spring bites in one satisfying bowl: roasted asparagus and radishes, tender-chewy farro, creamy feta sauce, jammy soft boiled eggs, and fresh dill. It's all topped with roasted pumpkin seeds and chile vinaigrette for a dreamy dinner escape.



## What we send

- 4 oz farro <sup>2</sup>
- 2 radishes
- ½ lb asparagus
- 1 Fresno chile
- 2 scallions
- 8 oz pkg plant-based chicken <sup>3</sup>
- ¼ oz fresh dill
- 2 oz feta <sup>4</sup>
- 2 (1 oz) sour cream <sup>4</sup>
- 1 oz pumpkin seeds

## What you need

- kosher salt & ground pepper
- 2 large eggs <sup>1</sup>
- olive oil
- red wine vinegar (or apple cider vinegar)
- sugar

## Tools

- medium saucepan
- rimmed baking sheet

## Allergens

Egg (1), Wheat (2), Soy (3), Milk (4).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 860kcal, Fat 49g, Carbs 56g, Protein 49g



### 1. Boil eggs

Preheat oven to 450°F with a rack in the upper third.

Bring a medium saucepan of **salted water** to a boil. Carefully add **2 large eggs** (water should cover eggs by ½ inch). Simmer over medium heat for 6 minutes. Use a slotted spoon to transfer eggs to a bowl of ice water.



### 4. Roast veggies & chicken

On a rimmed baking sheet, toss **asparagus, plant chicken, and radishes** with **2 tablespoons oil**; season with **salt and pepper**.

Roast on upper oven rack until asparagus is bright green, veggies are crisp-tender, and plant chicken is warmed through, 8-10 minutes.



### 2. Cook farro

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



### 5. Make creamy feta sauce

Trim **scallions**, then thinly slice about ¼ cup. Coarsely chop **dill fronds and tender stems**.

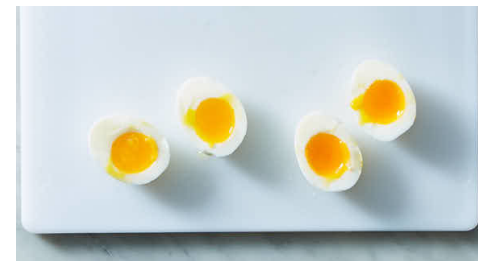
Crumble **feta** into a small bowl, then add **all of the sour cream** and mash together with a fork. Stir in **⅔ each of the sliced scallions and chopped dill** and **2 tablespoons water**. Season to taste with **salt and pepper**.



### 3. Prep veggies & dressing

Meanwhile, trim ends from **radishes**, then cut into ½-inch wedges. Trim woody ends from **asparagus**. Halve **chile**, discard stem and seeds, and finely chop.

In a small bowl, whisk together **2 tablespoons oil, 1 tablespoon vinegar**, and **a generous pinch each of sugar, salt, and pepper**. Stir in chiles; set aside until ready to serve.



### 6. Assemble & serve

Peel **eggs**, then halve lengthwise.

Serve **farro** topped with **roasted radishes and asparagus, plant chicken, creamy feta sauce**, and **eggs**. Garnish with **pumpkin seeds, remaining scallions and dill**, and **chile vinaigrette**. Enjoy!