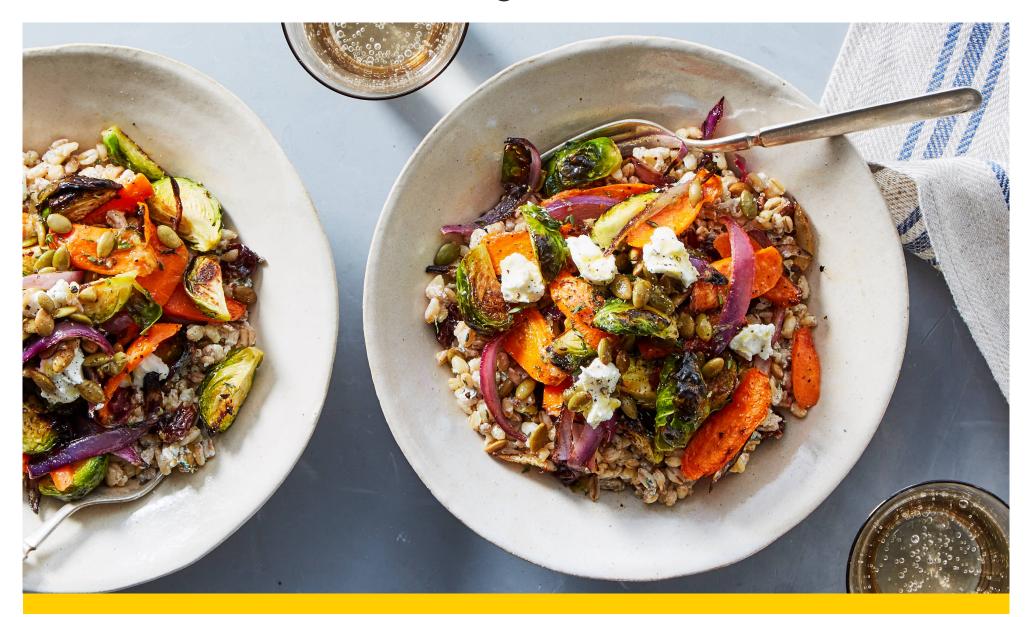
# MARLEY SPOON



# Fall Harvest Veggie Grain Bowl

with Dried Cherries & Feta

🔊 30-40min 🔌 2 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This hearty version showcases a bed of warm farro covered in a multitude of textures-crisp Brussels sprouts and carrots, tender onions, and creamy feta. A final garnish of sweet dried cherries and crunchy pumpkin seeds hits all the right notes.

### What we send

- 1 medium bag carrots
- ½ lb Brussels sprouts
- 1 red onion
- 1 lemon
- ¼ oz fresh thyme
- 4 oz farro <sup>1</sup>
- 1 oz dried cherries
- 2 oz feta <sup>2</sup>
- 1 oz pumpkin seeds

### What you need

- kosher salt & ground pepper
- olive oil
- sugar

### Tools

- microplane or grater
- medium saucepan
- rimmed baking sheet

#### Allergens

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

#### Nutrition per serving

Calories 870kcal, Fat 51g, Carbs 88g, Protein 23g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel **carrots**; cut into ¼-inch slices. Trim and halve **Brussels sprouts** (quarter, if large). Cut **onion** through core into ½-inch wedges. Grate **1 teaspoon lemon zest** and squeeze **half of the lemon** into a small bowl; cut remaining lemon halve into 2 wedges. Pick and finely chop **half of the thyme**; reserve remaining whole stems.



2. Roast vegetables

Fill a medium saucepan with **salted water**; bring to a boil.

Meanwhile, on a rimmed baking sheet, toss carrots, Brussels sprouts, onions, lemon wedges, reserved thyme sprigs, 2 tablespoons oil, and ½ teaspoon each of salt and pepper; spread into an even layer. Roast on upper oven rack until veggies are tender and well browned, about 25 minutes. Remove and discard thyme sprigs.



3. Cook grains

Add **farro** to boiling water and cook, stirring occasionally, until tender, 18-20 minutes. Add **cherries** during last 2 minutes of cooking. Drain and shake out excess water.



## 4. Make dressing

Transfer **roasted lemon wedges** to a medium bowl and press with a spoon to squeeze juice; discard rind and seeds. Whisk in **2 tablespoons oil**, **1 tablespoon water**, and **2**/**3 of the feta**. Season to taste with **salt** and **pepper**.



5. Dress grains

Transfer farro, <sup>2</sup>/<sub>3</sub> of the chopped thyme, and <sup>3</sup>/<sub>4</sub> of the pepitas to bowl with lemon-feta dressing; toss to combine. Season to taste with salt and pepper.

To bowl with **lemon zest and juice**, add **1 tablespoon oil** and **½ teaspoon sugar**, whisking to combine. Season to taste with **salt** and **pepper**.



6. Serve

Remove whole thyme sprigs from roasted vegetables. Divide grain mixture between bowls, then top with roasted vegetables and remaining pepitas, chopped thyme, and feta. Drizzle with lemon vinaigrette. Enjoy!