

MARLEY SPOON



Mediterranean Spring Salad

with Asparagus, Artichokes & Mint



20-30min



2 Servings

Spring is the time to lighten up your dinner plate—and that doesn't mean it can't be satisfying and full of flavor! Take a note from the Mediterranean diet; using fresh herbs, citrus, whole grains, and even light dairy like feta provides full flavor and nutrition.

What we send

- ½ lb asparagus
- 1 shallot
- 14 oz can artichokes
- 4 oz farro ¹
- ¼ oz fresh mint
- ¼ oz fresh dill
- 1 lemon
- 5 oz arugula
- 2 oz feta ²

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- small saucepan

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 36g, Carbs 63g, Protein 18g



1. Prep vegetables

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

Trim and discard woody ends from **asparagus**, then cut into 3-inch pieces. Halve **shallot** and cut into ¼-inch thick slices.

Drain **artichokes**.



4. Make salad

Pick **mint leaves** from stems and roughly chop; discard stems. Roughly chop **dill fronds and tender stems**.

Finely zest and juice **all of the lemon** into a large bowl. Add **2 tablespoons oil**, **½ teaspoon salt**, and **several grinds of pepper**. Add **farro, arugula, roasted vegetables, mint**, and **dill**; toss to combine.



2. Roast vegetables

On a rimmed baking sheet, toss **asparagus, artichokes**, and **shallots** with **2 tablespoons oil**; season with **½ teaspoon salt** and **a few grinds of pepper**. Spread into an even layer.

Roast on center oven rack until tender and slightly browned, stirring in the last 5 minutes of cooking, 18-20 minutes.



5. Serve

Serve **salad** with **feta** crumbled over top and **a drizzle of oil**. Enjoy!



3. Cook farro

Meanwhile, bring a small saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain and return to saucepan off heat. Cover to keep warm.



6. Check us out!

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