

DINNERLY



Roasted Broccoli Grain Bowl with Tahini Dressing & Mint



20-30min



2 Servings

In our professional opinion, a hearty, wholesome grain bowl is one of the best ways to get your nutrients. The farro is loaded up with roasted broccoli and onions, thinly sliced radish, creamy tahini, and a perfectly jammy egg. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ½ lb broccoli
- 1 oz tahini ³
- 1 radish
- ¼ oz fresh mint
- 4 oz farro ²
- ¼ oz pkt toasted sesame seeds ³

WHAT YOU NEED

- 2 large eggs ¹
- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or vinegar of your choice)
- sugar

TOOLS

- medium saucepan
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 590kcal, Fat 32g, Carbs 56g, Protein 22g



1. Boil eggs

Preheat broiler with a rack in the upper third.

Fill a medium saucepan with **water** and bring to a boil. Carefully add **2 large eggs**; cook until set, about 6 minutes. Using a slotted spoon, transfer eggs to a bowl with **ice water** to cool until ready to serve. Reserve saucepan.



2. Broil veggies

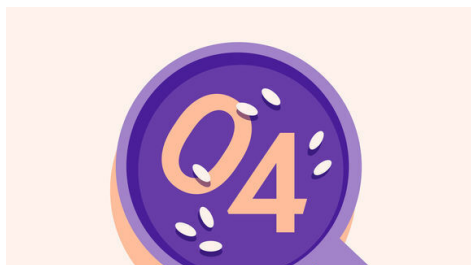
Meanwhile, halve **onion** and cut into ½-inch thick wedges. Cut **broccoli** into florets, if necessary. Toss broccoli and onions on a rimmed baking sheet with **2 tablespoons oil** and a **pinch each of salt and pepper**.

Broil on upper oven rack until charred and tender, 8–10 minutes (watch closely as broilers vary).



3. Cook farro

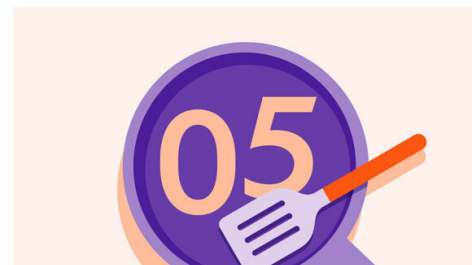
Heat **1 tablespoon oil** in same saucepan over medium-high. Add **farro** and cook until toasted, about 2 minutes. Add **2 cups water** and **½ teaspoon salt**; cover and bring to a boil. Reduce heat to a simmer; cook until farro are tender, about 18–20 minutes. Drain well; cover to keep warm off heat.



4. Prep ingredients

Meanwhile, in a small bowl, whisk to combine **tahini**, **5 teaspoons water**, **½ teaspoon vinegar**, and a **pinch of sugar** (if too thick, add more water, 1 teaspoon at a time, until it drizzles from a spoon). Season to taste with **salt** and **pepper**.

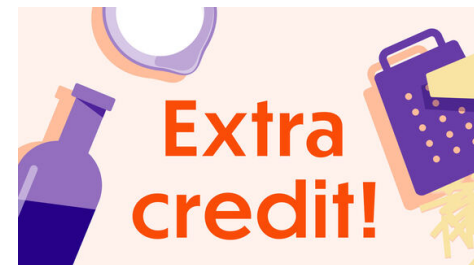
Thinly slice **radish**. Pick **mint leaves** from stems and coarsely chop; discard stems.



5. Assemble & serve

Peel **eggs** and cut in half. Transfer **farro** to bowls. Top with **broccoli and onions**, **radishes**, and **eggs**. Drizzle with **tahini dressing**.

Serve **broccoli grain bowl** garnished with **sesame seeds** and **mint**. Enjoy!



6. Bring the heat!

If you like spice, sprinkle some red chili flakes over top.