



Maple Balsamic Grain Bowl

with Whipped Ricotta, Beets & Arugula



50min



2 Servings

The best grain bowls have a sweet-and-savory quality, a mix of vegetables, and different textures—especially crunch! We combine nutty farro with roasted Brussels sprouts, sweet red beets, and fresh peppery arugula, then spoon it over clouds of creamy whipped ricotta. A sweet and tart maple-balsamic vinaigrette brings it all together, and crunchy almonds top it off!

What we send

- 1 red beet
- ½ lb Brussels sprouts
- 1 red onion
- garlic
- 4 oz farro ⁴
- 1 pkt balsamic vinaigrette
- 1 oz maple syrup
- 4 oz ricotta ²
- 1 bag arugula
- 1 oz roasted almonds ³
- 10 oz pkg salmon filets ¹

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium saucepan
- rimmed baking sheet
- microplane or grater
- fine-mesh sieve
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 620kcal, Fat 24g, Carbs 80g, Protein 24g



1. Roast beets

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

Preheat oven to 450°F with a rack in the upper third. Scrub and quarter **beets**; cut crosswise into ¼-inch thick slices. Place in the center of a piece of foil. Drizzle with **oil** and season with **salt** and **pepper**. Fold to enclose; place on one side of a rimmed baking sheet. Roast on upper oven rack for 25 minutes.



4. Make vinaigrette

Meanwhile, in a medium bowl, whisk to combine **balsamic vinaigrette** and **half of the maple syrup**. Add **remaining onions**.

In a small bowl, combine **ricotta** and **1 tablespoon water**. Whisk until light and smooth. Season to taste with **salt** and **pepper**.



2. Prep veggies

Meanwhile, trim and quarter **Brussels sprouts**. Halve and thinly slice **all of the onion**. Finely grate **½ teaspoon garlic**. Add **Brussels sprouts, garlic, and ⅔ of the onions** to the sheet tray next to **beets**; toss carefully with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until Brussels sprouts are browned and beets are tender, 10-15 minutes.



5. Cook salmon

Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Lower heat to medium; cook until skin is browned and crisp, 4-5 minutes. Flip and cook until just medium, about 1 minute more.



3. Cook farro

While **veggies** roast, add **farro** to saucepan with boiling **salted water** and cook until tender, 18-20 minutes. Drain well.



6. Finish & serve

To bowl with **vinaigrette**, add **farro, beets**, and **Brussels sprouts mixture**; toss to combine. Add **arugula** and gently toss. Season to taste with **salt** and **pepper**.

Coarsely chop **almonds**. Spread **ricotta** on the insides of serving bowls. Top with **farro mixture** and **salmon** and garnish with **almonds**. Enjoy!