



## Farro & Butternut Risotto

with Lemon & Rosemary



30min



2 Servings

Farro is one of the world's oldest cultivated wheat grains, thanks to its distinctive flavor, texture, and nutrient quotient. Here, it stands in for the usual Arborio rice in a hearty autumn risotto. The dish is flavored with garlic, lemon, and Parmesan, then made main-course worthy with two substantial toppings: roasted butternut squash and chopped kale.



## What we send

- 1 shallot
- garlic (use 1 large clove)
- 4 oz quick-cooking farro <sup>1</sup>
- ½ lb butternut squash
- ¼ oz fresh rosemary
- 1 bunch curly kale
- 2 (¾ oz) pieces Parmesan <sup>7</sup>
- 1 lemon

## What you need

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>

## Tools

- medium skillet
- rimmed baking sheet
- microplane or grater

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 690kcal, Fat 40g, Carbs 67g, Protein 20g



### 1. Start risotto

Preheat oven to 450°F with a rack in the upper third. Peel and finely chop **shallot** and **1 teaspoon garlic**. In a liquid measuring cup, stir to combine **3½ cups hot tap water** and **¾ teaspoon salt**. Heat **1 tablespoon oil** (or butter) in a medium skillet over medium-high. Add shallots and cook, stirring, until softened, 2-3 minutes.



### 2. Cook risotto

Add **farro** and **garlic** to the skillet. Cook, stirring, until farro is toasted, about 2 minutes. Stir **½ cup water** into skillet; cook over medium-high, stirring occasionally, until water is nearly absorbed, 1-2 minutes. Continue adding water, **½ cup at a time**, stirring, until nearly absorbed, about 25 minutes total. Farro will be tender and suspended in a thick sauce.



### 3. Roast squash

While **farro** cooks, cut **butternut squash** into ½-inch pieces. Pick **1 tablespoon rosemary leaves** from stems. Discard stems and finely chop leaves. On a rimmed baking sheet, toss squash and chopped rosemary leaves with **1 tablespoon oil** and a **generous pinch each salt and pepper**. Roast on upper oven rack, stirring once, until squash is golden brown and tender, about 15 minutes.



### 4. Roast kale

Strip **half of the kale leaves** from stems. Chop about 4 cups kale into bite-size pieces (save rest for own use). In a medium bowl, massage kale with **1 tablespoon each oil and water**, and season with **salt and pepper**. Add **kale** to the baking sheet with cooked squash. Return to oven and roast on upper oven rack until kale is tender and lightly browned, about 5 minutes.



### 5. Prep cheese & lemon

Meanwhile, finely grate **all the Parmesan** and **lemon zest**, keeping them separate. Separately squeeze **2 teaspoons lemon juice** into a small bowl. Cut any remaining lemon into wedges.



### 6. Finish risotto & serve

Stir in **half of the Parmesan** and **2 tablespoons butter** into **farro**. Cook over medium heat, stirring, until cheese is melted, 1-2 minutes. Stir in **lemon juice** and **½ teaspoon of the zest**. Top **risotto** with **kale, butternut squash, remaining Parmesan**, and **lemon zest**; serve **lemon wedges** on the side. Enjoy!