



Fall Veggie Grain Bowl

with Dried Cherries, Pepitas & Feta



20-30min



2 Servings

Grain bowls are a delicious and nutritious way to celebrate the bounty of any season! This fall-forward version showcases warm farro, sweet dried cherries, crunchy pumpkin seeds, tart roasted lemon, crisp Brussels spouts, carrots, onions, and creamy feta. It's satisfying and hits all the right notes.

What we send

- 8 oz carrots
- ½ lb Brussels sprouts
- 1 medium red onion
- 1 lemon
- ¼ oz fresh thyme
- 4 oz quick-cooking farro ¹
- 1 oz dried cherries ⁷
- 1 oz pepitas

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- microplane or grater
- medium saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 850kcal, Fat 49g, Carbs 90g, Proteins 21g



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.



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 **⅔ of the feta**. Season to taste with **salt and pepper**.



2. Roast vegetables

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



5. Dress grains

Transfer **farro, ⅔ of the chopped thyme**, and **¾ 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 **⅛ teaspoon sugar**, whisking to combine. Season to taste with **salt and pepper**.



3. Cook grains

Add **farro** to boiling water and cook, stirring occasionally, until tender, 8-10 minutes. Add **cherries** during last 2 minutes of cooking. Drain and shake out excess water.



6. Serve

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