



Broccoli & Wheat Berry Salad

with Lemon-Scallion Yogurt



20-30min



2 Servings

The combination of slightly charred broccolini and a citrusy yogurt was just too good to pass by. We completed the meal with slivers of dried figs, fragrant toasted walnuts, and slightly sweet wheat berries—a rich source of vitamins and fiber. They're chewy and sturdy enough that they'd make a delicious lunch the next day if you have any leftovers. Cook, relax, and enjoy!

What we send

- scallions
- wheat berries
- fresh rosemary
- lemons
- broccolini
- fresh parsley

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- 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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710.0kcal, Fat 30.3g, Proteins 22.1g, Carbs 76.7g



1. Cook wheat berries

Preheat oven to 400°F. Trim scallions and finely chop. Heat 1 tablespoon oil in a medium saucepan over medium-high. Add ½ of scallion and sauté until fragrant, 1 minute. Add wheat berries and sauté until toasted, 1 minute. Add 1 teaspoon salt and 2 cups water. Bring to a boil then simmer, covered, until tender, 20 minutes. Drain and place in a large bowl.



4. Broil broccolini

Toss broccolini with 2 tablespoons oil on a rimmed baking sheet; season well with salt and pepper. Broil until lightly charred, shaking sheet halfway through, 4-5 minutes.



2. Prep ingredients

Pick leaves from rosemary stems and roughly chop leaves. Thinly slice figs. Spread walnuts on a rimmed baking sheet and toast until fragrant and golden, 8-10 minutes. Roughly chop walnuts.



5. Make wheat berry salad

Pick leaves from parsley stems. Add parsley leaves, rosemary, juice of remaining lemon, half of the walnuts, and 3 tablespoons oil to wheat berries. Season with salt and pepper and toss to combine.



3. Make lemon-scallion yogurt

Turn oven to broil. Place yogurt, juice from 1 lemon, remaining scallion, and 1 tablespoon water in a medium bowl. Season with salt and pepper and stir until smooth.



6. Serve

Divide wheat berry between two plates or a platter and top with broccolini, figs, remaining walnuts, and dollops of lemon-scallion yogurt. Enjoy!