



Creamy Farro Fonduta

with Roasted Winter Vegetable Medley



20-30min



2 Servings

Fonduta is an Italian version of fondue that uses fontina, milk, cream, and eggs. We've simplified ours by eliminating the eggs and subbing in cream cheese to add body. Nutty whole-grain farro folded into the luxe cheese-based sauce creates the perfect creamy base for roasted veggies. A drizzle of tangy sherry vinaigrette cuts the richness for a perfectly balanced bite. We don't mind if we fon-due!

What we send

- 1 sweet potato
- 2 parsnips
- ½ lb Brussels sprouts
- 1 medium red onion
- ¼ oz fresh thyme
- 1 oz sherry vinegar (use 2 Tbsp) ¹⁷
- 4 oz quick-cooking farro ¹
- 2 oz fontina ⁷
- 2 pkts cream cheese ⁷

What you need

- olive oil
- sugar
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium saucepan
- fine-mesh sieve

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), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 46g, Carbs 113g, Proteins 23g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Peel **sweet potato**, then cut crosswise into ¼-inch thick rounds. Trim ends from **parsnip**, then peel and cut into ¼-inch thick rounds. Trim ends and any outer leaves from **Brussels sprouts**; cut each in half. Halve **onion**, then cut into thin wedges through the root end. Finely chop **¾ of the thyme leaves**, discarding stems.



4. Boil farro

Meanwhile, bring a medium saucepan of **salted water** to a boil. Add **farro** and cook (like pasta), until tender, about 6 minutes. Reserve **¼ cup cooking water**, then drain farro. Coarsely grate **fontina**, if necessary.



2. Make dressing

In a small bowl, whisk to combine **2 tablespoons each vinegar and oil** and **1 teaspoon sugar**; season to taste with **salt** and **pepper**.



5. Make fonduta

Transfer **reserved cooking water** to same saucepan. Off the heat, add **all of the cream cheese** and whisk until melted. Add **fontina** and whisk until melted and combined.



3. Roast vegetables

In a medium bowl, toss **sweet potatoes, parsnips, Brussels sprouts, onions**, and **half of the chopped thyme** with **2 tablespoons oil**; season with **salt** and **pepper**. Transfer to a rimmed baking sheet. Roast on center oven rack until vegetables are tender and browned in spots, about 20 minutes. Remove from oven and drizzle **half of the dressing** over top; carefully toss to combine.



6. Finish & serve

Season **fonduta** with a **generous pinch each of salt and pepper**, then stir in **farro**. Spoon into shallow bowls and top with **roasted vegetables**. Drizzle **remaining dressing** on top and sprinkle with **remaining chopped thyme**. Enjoy!