

Farro with Sauteed Asparagus and Roasted Pear

Mention pears as part of a meal, and we get pretty excited. Pair them with farro, asparagus, kale and mixed greens and we're in heaven. Then top it with strawberry vinaigrette, fontina and pecans and it was a dinner we couldn't wait to dig into. The result? Even better than it sounds.

Getting Organized

EQUIPMENT

Rimmed Baking Sheet
Large Skillet
Saucepan
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Pear
Farro
Asparagus
Kale & Mixed Greens
Strawberry
Vinaigrette
Fontina & Pecans

Add Protein Cooking Instructions

CHICKEN- Prior to Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes. Slice into strips and stir into the farro and veggies in Step 5.

SHRIMP -Prior to Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the farro and veggies in Step 5.

If you added steak, we recommend serving it separately with salt & pepper. Cook in a skillet with 1 Tbsp oil over high heat to internal temperature of 145 (for medium doneness).

Good To Know

Health snapshot per serving – 730 Calories, 19g Protein, 42g Fat, 81g Carbs, 22 Freestyle Points.

Lightened up Health snapshot per serving – 590 Calories, 35g Fat, and 67g Carbs by using 2/3 of the Farro and the Fontina & Pecans.

40 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

INGREDIENTS: Farro, Asparagus, Kale, Mixed Greens, Pear, Fontina, Pecans, Strawberry, White Vinegar, Lime, Garlic, Cayenne Pepper, Thyme, Olive Oil.

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1. **Getting Organized**

Preheat your oven to 400 and put a saucepan of water on to boil.

2. **Roast the Pear**

Cut the **Pear** in half, then half again. Cut the core out and discard. Now cut the pears in ½" pieces. Put the pieces onto a rimmed baking sheet and drizzle with olive oil, then toss to get them covered.

Bake until the skin begins to wrinkle, and the ends are golden brown, about 25 to 30 minutes.

3. **Cook the Farro**

While the pear is roasting, add a generous pinch of salt to the boiling water and add the **Farro**. Cook until the kernels pop, about 20 minutes. Drain, then return to the pan and cover for 5 minutes. Fluff with a fork and set aside.

4. **Sauté the Vegetables**

Heat 2 Tbsp olive oil in a large skillet over high heat. Add the **Asparagus** and cook until bright green and slightly charred, about 3 minutes. Transfer to a large mixing bowl. Do not wipe out the pan.

Add the **Kale & Mixed Greens** to the now-empty skillet and sauté until the kale turns bright green, about 3 minutes. Remove from the heat and add to the large mixing bowl.

5. **Put It All Together**

Combine the farro, asparagus, kale & mixed greens, roasted pear, with the **Strawberry Vinaigrette** and toss well.

Serve topped with the **Fontina & Pecans**. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois * Prepare by April 26