

# 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.

**40** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## 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

## Make The Meal Your Own

**Cooking with a picky eater?** Let them taste the strawberry vinaigrette first. If it's not their favorite, just drizzle their serving with olive oil.

## Good To Know

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of farro, reducing the **carbs per serving to 40g**. In step 3. Heat a large skillet with 1 Tbsp olive oil over high heat. When the oil is hot cook the cauliflower until it starts to brown, about for 2 to 3 minutes. Use cooked cauliflower "rice" instead of farro in step 5.

**If you're making the gluten-free version**, we're sending brown rice instead of farro. Cook the brown rice in boiling water for about 20 minutes, drain and let sit, covered, for 5 minutes.

**If you're making the vegan version**, we've left the blue cheese out of your meal.

**Health snapshot per serving** – 475 Calories, 14g Protein, 27g Fat, 55g Carbs, 12 Freestyle Points.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

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 half of the **Strawberry Vinaigrette** and toss well.

Serve topped with the **Fontina & Pecans** and drizzle more strawberry vinaigrette to taste. Enjoy!

Instructions for two servings.

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