



DINNERLY



Mozzarella & Tomato Grain Bowl with Spinach & Farro

 ca. 20min  2 Servings

You know how milk does a body good? Or at least, that's what we've been told. Well, mozzarella is made of milk, so we feel confident in saying that, using that same logic, mozzarella also does a body good. Plus, it's on a bed of pillowy farro (which is super good for you btw) that's mixed with fresh spinach (also super good for you) and a flavorful tomato-ey sauce. Conclusion = lots of goodness...

WHAT WE SEND

- scallions
- garlic
- tomato sauce
- plum tomatoes
- baby spinach

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- fine-mesh sieve
- medium saucepan
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 540.0kcal, Fat 28.0g, Proteins 20.0g, Carbs 51.0g



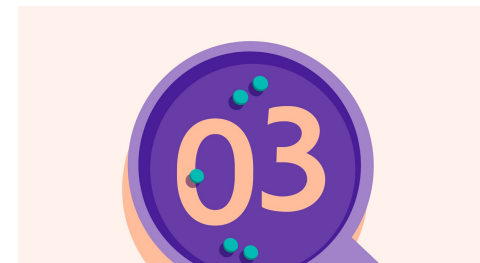
1. Cook grains

Bring a medium saucepan of **salted water** to a boil. Add **farro** to boiling water and cook until al dente, about 10 minutes. Drain well.



2. Prep scallions & garlic

While **farro** cooks, trim ends from **scallions** and thinly slice. Peel and finely chop **2 large garlic cloves**.



3. Cook tomato sauce

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **garlic** and **half of the scallions** and cook until softened and fragrant, about 1 minute. Stir in **tomato sauce**, **¼ cup water**, and **¼ teaspoon salt**. Bring to a simmer and cook until reduced slightly, about 5 minutes.



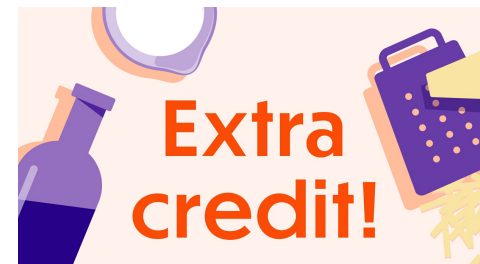
4. Make salad

Meanwhile, cut **tomato** and **mozzarella** into ½-inch pieces. Transfer to a medium bowl and toss with **remaining scallions**, **1 tablespoon vinegar**, and **1 tablespoon oil**; season to taste with **salt** and **pepper**.



5. Finish & serve

Return skillet with sauce to medium-high heat, add **farro** and **spinach**, cook, stirring, until **spinach** is wilted, about 2 minutes; season to taste with **salt** and **pepper**. Serve **farro** topped with **mozzarella** and **tomato salad**. Enjoy!



6. Take it to the next level

Add chopped olives or pepperoncini, or even some capers to the salad in step 4 for a briny kick.