



## Mediterranean Spring Salad

with Asparagus, Artichokes & Mint



20-30min



4 Servings

Spring is the time to lighten up your dinner plate - and that doesn't mean it can't be satisfying and full of flavor! Take a note from the Mediterranean diet; using fresh herbs, citrus, whole grains and even light dairy such as feta, provide full flavor and nutrition. Cook, relax, and enjoy!

## What we send

- baby arugula
- can quartered artichoke hearts
- lemon
- shallot
- fresh dill
- fresh mint
- green asparagus
- ½ lb farro <sup>1</sup>
- 2 (2 oz) feta <sup>7</sup>

## What you need

- coarse salt
- freshly ground pepper
- olive oil

## Tools

- rimmed baking sheet
- small saucepan

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 470kcal, Fat 21g, Carbs 52g, Protein 17g



### 1. Prep vegetables

Preheat oven to 450°F. Trim and discard **woody ends** from **asparagus**, and cut into 3-inch pieces. Drain **artichokes**. Halve and peel **shallots**, cut lengthwise into ¼-inch slices.



### 2. Roast vegetables

On a rimmed baking sheet, toss **asparagus**, **artichokes**, and **shallots** with 2 tablespoons **oil**, and season with ½ teaspoon **salt** and a few grinds of **pepper**. Spread into an even layer and roast until tender and slightly browned, 18–20 minutes. In the last 5 minutes of cooking, stir **vegetables**.



### 3. Cook farro

Meanwhile, bring a medium saucepan of **salted water** to a boil. Add **farro**, reduce heat to medium and cook until tender, about 5 minutes. Drain and return to pot. Cover and keep warm off the heat.



### 4. Prepare salad

Pick **mint leaves** from stems and roughly chop. Roughly chop **dill** (including tender stems). Finely zest and juice **lemon**.



### 5. Make salad

In a large bowl, whisk **lemon zest** and juice with 3 tablespoons **oil**, and season with ½ teaspoon **salt** and several grinds of **pepper**. Add **farro**, **arugula**, **roasted vegetables**, **mint**, and **dill**, and toss to combine.



### 6. Serve

Divide **salad** between shallow bowls or plates. Top salads with **feta** and finish with a drizzle of **olive oil**. Enjoy!