

Za'atar-Spiced Fennel & Farro Salad

with English Peas, Pea Tips & Pomegranate Molasses

In this seasonal, Middle Eastern-inspired grain salad, we're showcasing two parts of the pea plant: the hearty leaves and the bright peas themselves, which we're blanching (or quickly boiling, then rinsing under cold water) for perfect tenderness. As a tangy-sweet accent for the peas and fennel, we're dressing the salad with pomegranate molasses—a rich, concentrated syrup made by boiling down the fruit's juice.

Blue Apron Wine Pairing

Iris Vineyards Pinot Noir, 2014



Ingredients

- 1 Cup Semi-Pearled Farro
- 2 Ounces Pea Tips
- 1 Fennel Bulb
- 1 Lemon
- 1 Red Onion
- ½ Pound English Peas
- 1 Bunch Mint

Knick Knacks

- 3 Tablespoons Sunflower Seeds
- 2 Tablespoons Pomegranate Molasses
- 1 Tablespoon Za'atar
- ⅓ Cup Crumbled Feta Cheese

Makes: 2 servings | **Calories:** about 725 per serving

Prep Time: 15 minutes | **Cook Time:** 25–35 minutes

1



Cook the farro:

Heat a large pot of salted water to boiling on high. Add the **farro** and cook 16 to 18 minutes, or until tender. Drain thoroughly and set aside in a warm place. Wipe out the pot.

2



Prepare the ingredients:

While the farro cooks, wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Shell the peas. Cut off and discard any fennel stems. Halve the fennel bulb lengthwise; cut out and discard the core, then thinly slice the bulb crosswise. Peel, halve and thinly slice the onion. Roughly chop the pea tips. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems.

3



Blanch the peas:

Add the **peas** to the small pot of boiling water and cook 3 to 4 minutes, or until bright green and slightly softened. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process.

4



Cook the aromatics:

In the pot used to cook the farro, heat 2 teaspoons of olive oil on medium until hot. Add the **fennel**, **onion** and **za'atar**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until softened and fragrant.

5



Add the pea tips & sunflower seeds:

Add the **pea tips** and **sunflower seeds** to the pot of aromatics; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the pea tips are wilted and bright green. Remove from heat.

6



Finish & plate your dish:

To the pot of vegetables, add the **cooked farro**, **blanched peas**, **pomegranate molasses**, **lemon zest** and the **juice of 2 lemon wedges**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste. Divide between 2 dishes. Garnish with the **cheese** and **mint**. Serve with the **remaining lemon wedges** on the side, if you'd like. Enjoy!