

# Roasted Broccoli & Farro Salad

with Pickled Peppers & Marinated Zucchini

**TIME:** 20-30 minutes

**SERVINGS:** 2

This loaded grain salad has it all: roasted broccoli, marinated zucchini, and pickled peppers, all tossed with a creamy, garlicky dressing (and topped with a fried egg for extra richness).

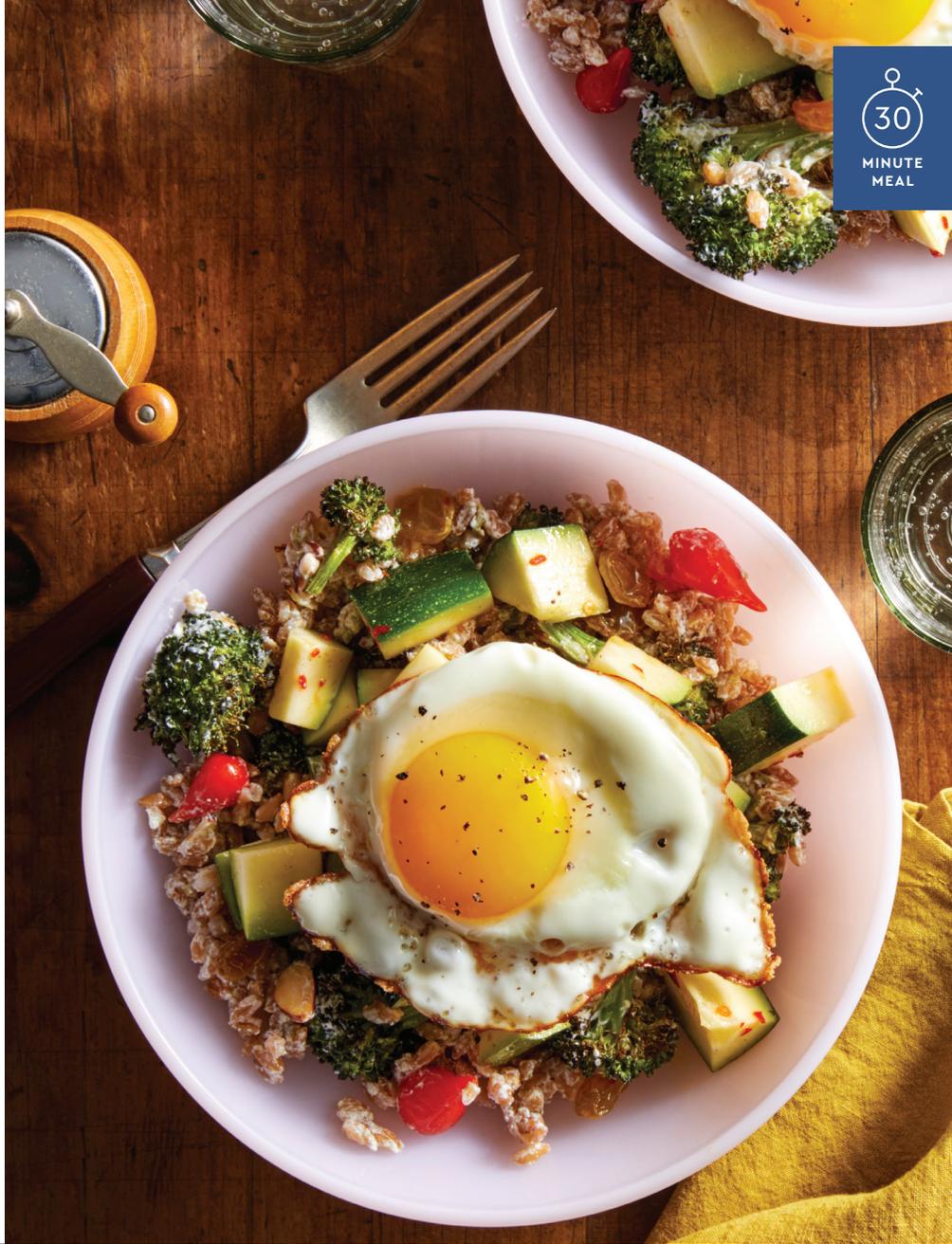


## MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



30  
MINUTE  
MEAL

## Ingredients



¾ cup  
SEMI-PEARLED  
FARRO



2  
CAGE-FREE  
FARM EGGS



½ cup  
PLAIN GREEK  
YOGURT



1 clove  
GARLIC



1  
ZUCCHINI



½ lb  
BROCCOLI

## KNICK KNACKS:



1 oz  
CASTELVETRANO  
OLIVES



2 Tbsps  
SLICED ROASTED  
ALMONDS



1 Tbsp  
WHITE WINE  
VINEGAR



¼ tsp  
CRUSHED RED  
PEPPER FLAKES



1 ½ Tbsps  
GOLDEN RAISINS



1 Tbsp  
PICKLED  
PERUVIAN  
PEPPERS



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### 1 Cook the farro:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Heat a medium pot of salted water and small pot of water to boiling on high.
- Once the medium pot of water is boiling, add the **farro** and cook, uncovered, 18 to 20 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot. Drizzle with olive oil and season with salt and pepper.

### 2 Prepare & roast the broccoli:

- While the farro cooks, wash and dry the fresh produce.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

### 3 Prepare the remaining ingredients:

- While the broccoli roasts, medium dice the **zucchini**.
- Using the flat side of your knife, smash the **olives**; remove and discard the pits, then finely chop. Peel and finely chop the **garlic**; using the flat side of your knife, smash until it resembles a paste (or use a zester).

### 4 Marinate the zucchini:

- While the broccoli continues to roast, in a medium bowl, combine the **diced zucchini, raisins, vinegar, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and season with salt and pepper.
- Set aside to marinate, stirring occasionally, at least 10 minutes. Season with salt and pepper to taste.

### 5 Fry the eggs:

- While the zucchini marinates, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Keeping them separate, crack the **eggs** into the pan; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.

### 6 Finish & serve your dish:

- While the eggs cook, to make the dressing, in a bowl, combine the **chopped olives, yogurt, almonds, and as much of the garlic paste as you'd like**. Slowly stir in **2 tablespoons of olive oil** until thoroughly combined. Season with salt and pepper to taste.
- To the pot of **cooked farro**, add the dressing, **roasted broccoli, and peppers**; stir to combine. Season with salt and pepper to taste.
- Serve the finished farro topped with the **marinated zucchini, fried eggs**, and a drizzle of olive oil. Enjoy!