

Heirloom Carrot & Toasted Farro Salad

with Labneh Cheese & Pickled Dates

You'll be garnishing this dish with a dollop of rich, seasoned labneh cheese. Made from strained yogurt, labneh is a traditional ingredient from the Mediterranean to the Indian subcontinent. Its natural tanginess balances the sweet heirloom carrots, roasted with sumac, and slightly nutty, toasted farro in this hearty salad. For a gourmet touch, we're completing the salad with quick-pickled shallot and Medjool dates (an especially plump, sweet variety), toasted almonds and fresh mint.



Ingredients

$\frac{3}{4}$ Cup Semi-Pearled Farro

1 Lemon

$\frac{1}{2}$ Pound Heirloom Carrots

1 Bunch Mint

Knick Knacks

4 Medjool Dates

2 Tablespoons Sliced Almonds

2 Tablespoons Red Wine Vinegar

2 Teaspoons Ground Sumac

1 Shallot

$\frac{1}{2}$ Cup Labneh Cheese

Makes 2 Servings

About 670 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut the carrots into 3-inch pieces on an angle. 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. Peel and thinly slice the shallot. Pit the dates and thinly slice lengthwise. Pick the mint leaves off the stems; discard the stems.

2



Roast the carrots:

Place the **carrots** on a sheet pan. Drizzle with olive oil and season with salt, pepper and the **sumac**; toss to thoroughly coat. Arrange in a single, even layer and roast, stirring halfway through, 20 to 22 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.

3



Toast & boil the farro:

While the carrots roast, heat a medium, dry pan (nonstick, if you have one) on medium-high until hot. Add the **farro** and toast, stirring occasionally, 4 to 5 minutes, or until lightly browned. Transfer to the pot of boiling water and boil 16 to 18 minutes, or until tender. Drain thoroughly and return to the pot. Off the heat, stir in the **lemon zest**, the **juice of 2 lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste. Divide the dressed farro between 2 dishes. Wipe out the pan.

4



Toast the almonds:

While the farro boils, heat the pan used to toast the farro on medium until hot. Add the **almonds** and toast, stirring frequently, 2 to 3 minutes, or until lightly browned and fragrant. Transfer to a medium bowl. Wipe out the pan.

5



Pickle the shallot & dates:

While the farro continues to boil, in the pan used to toast the almonds, combine the **vinegar**, **shallot**, **dates** and **¼ cup of water**; season with salt and pepper. Heat to boiling on high. Once boiling, remove from heat and set aside to pickle, stirring occasionally, for at least 10 minutes.

6



Finish & serve your dish:

In a bowl, combine the **labneh cheese** and **2 teaspoons of olive oil**; season with salt and pepper to taste. Just before serving, to the bowl of **toasted almonds**, add the **roasted carrots**, **pickled shallot and dates** (draining before adding) and the **juice of the remaining lemon wedges**; toss to thoroughly combine and season with salt and pepper to taste. Divide between the dishes of **dressed farro**. Top with the seasoned labneh cheese and **mint** (finely chopping just before adding). Enjoy!