

Warm Farro Salad

with Caramelized Fennel & Pomegranate

The pomegranate has a long and storied history. Millennia ago, it was cultivated in Carthage, Ancient Rome's greatest rival. During the Italian Renaissance, it was considered a royal fruit. Today, it continues to be prized for its incredible texture and flavor. Here, its juicy seeds add a delicious, slightly tangy sweetness to this warming, winter salad with caramelized fennel, orange, feta and farro.



Ingredients

- ¾ Cup Pearled Farro
- 3 Ounces Arugula
- 1 Fennel Bulb With Fronds
- 1 Navel Orange
- 1 Bunch Mint

Knick Knacks

- 2 Ounces Crumbled Feta Cheese
- 2 Ounces Castelvetrano Olives
- 2 Ounces Hazelnuts
- 2 Tablespoons Pomegranate Seeds
- 1 Teaspoon Herbes de Provence

Makes 2 Servings

About 675 Calories Per Serving

Cooking Time: 15 to 25 minutes

1



Cook the farro & add the arugula:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Once boiling, add the **farro** and cook, stirring occasionally, 14 to 16 minutes, or until tender. Drain thoroughly and return to the pot. Add the **arugula** and a drizzle of olive oil; stir to combine and season with salt and pepper to taste. Set aside.

2



Prepare the ingredients:

While the farro cooks, pick off some of the fennel fronds (the green, thread-like tops of the plant); roughly chop. Separate the fennel bulb and stems; thinly slice the stems. Halve the bulb lengthwise; remove and discard the core. Thinly slice the bulb. Using a peeler, remove the rind of the orange, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Cut the top and bottom off the orange; cut away and discard the remaining white pith. Cut out the orange segments (or supremes) from between the membranes; place in a bowl. Squeeze the juice from the membranes over the supremes; discard the membranes. Pick the mint off the stems; roughly chop. Using the side of your knife, smash the olives and discard the pits, then roughly chop. Roughly chop the hazelnuts.

3



Toast the hazelnuts:

Heat a medium pan on medium-high until hot. Add the **hazelnuts** and toast, stirring constantly, 2 to 3 minutes, or until golden brown. Transfer to a bowl and set aside. Wipe out the pan.

4



Caramelize the fennel:

In the same pan used to toast the hazelnuts, heat 2 teaspoons of olive oil on medium-high until hot. Add the **fennel bulb and stems**. Cook, stirring occasionally, 7 to 9 minutes, or until browned and caramelized. Remove from heat.

5



Make the sauce:

Off the heat, to the pan of caramelized fennel, add the **orange supremes (and the juice from the bowl)**, orange zest, Herbes de Provence, olives, 1 tablespoon of olive oil and 2 tablespoons of water; stir to thoroughly combine and season with salt and pepper to taste.

6



Assemble the salad & plate your dish :

To the pot of **dressed farro and arugula**, add the **toasted hazelnuts**, mint and **caramelized fennel-orange sauce**. Toss to thoroughly combine and season with salt and pepper to taste. Divide the **farro salad** between 2 plates. Garnish with the **pomegranate seeds**, **feta cheese** and **fennel fronds**. Enjoy!