

Sumac-Roasted Sweet Potato & Farro Salad

with Pickled Onion & Hazelnuts

Chefs, this one-of-a-kind salad has it all. For extraordinary flavor, you'll roast sweet potatoes with sumac, a red, lemony spice common in Middle Eastern cooking. Then you'll toss them with warm, earthy farro and Lacinato kale for hearty, chewy texture. You'll top it all off with ricotta salata (or firm, aged ricotta), fresh mint, hazelnuts and the pleasant zing of homemade pickled onion. The result is an equally gorgeous and delicious winter dinner.



Ingredients

- ¾ Cup Semi-Pearled Farro
- 1 Bunch Lacinato Kale
- 1 Pound Sweet Potatoes
- 1 Lemon
- 1 Red Onion
- 1 Bunch Mint

Knick Knacks

- 3 Tablespoons Hazelnuts
- 2 Ounces Ricotta Salata Cheese
- 2 Tablespoons Red Wine Vinegar
- 2 Tablespoons Sugar
- 2 Teaspoons Ground Sumac

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



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Recipe #557

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Peel and large dice the sweet potatoes. Remove and discard the kale stems; roughly chop the leaves. Peel, halve and thinly slice the onion. Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems. Crumble the cheese. Roughly chop the hazelnuts.

2



Roast the sweet potatoes:

Place the **sweet potatoes** 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 23 to 25 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

3



Cook the farro & add the kale:

While the sweet potatoes roast, add the **farro** to the pot of boiling water and cook 16 to 18 minutes, or until tender. Drain thoroughly and return to the pot. Off the heat, add the **kale** and a drizzle of olive oil; stir to thoroughly combine and season with salt and pepper to taste. Set aside in a warm place.

4



Pickle the onion:

While the farro cooks, in a small pan, combine the **onion**, **vinegar**, **sugar** and $\frac{1}{2}$ **cup of water**. Cook on medium, occasionally swirling the pan, 4 to 6 minutes, or until the sugar has dissolved and the liquid is slightly reduced in volume. Remove from heat.

5



Finish the salad:

To the pot of **cooked farro and kale**, add the **pickled onion** (draining before adding), **roasted sweet potatoes** and the **juice of all 4 lemon wedges**; stir to thoroughly combine and season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished salad** between 2 dishes. Garnish with the **mint**, **cheese** and **hazelnuts**. Enjoy!