

RECIPE | TOMATOES

ROASTED TOMATO FARRO SALAD

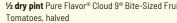
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Recipe created by Chef Ashley Blanton

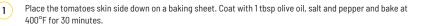
ity	micro greens to garnish (optional)
	1 pinch dried oregano
	1 pinch dried thyme
	Salt and pepper, to taste



- 1 oz smoked salmon (or any seafood of choice)
- 5 asparagus spears
- 1 lemon

NGREDIENT

- 1 cup chicken or vegetable stock
- 1/2 cup farro
- 1/2 cup aruqula
- 2 oz feta cheese, crumbled
- 5 tbsp olive oil





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Meanwhile, place the stock of choice in the pan, bring to a boil, add farro and simmer for 30 minutes or until tender. Set aside and let cool. Cut asparagus into 1-inch pieces and steam for 3 minutes or until bright green.

For the lemon sauce, add the zest of half a lemon and juice to a bowl, add the remaining olive oil with oregano and thyme. Mix together. Set 2 tbsp aside (for garnish). Toss arugula in with the lemon sauce.

Add tomatoes, feta, asparagus, farro, lemon and arugula mixture to a bowl. Top with smoked salmon, drizzle remaining lemon sauce on top and garnish with micro greens.



40 min

20 min 20 min PRFP. COOKING



