

Farrotto Primavera
*With Shaved Parmesan,
Toasted Pistachios Persillade*

OUR BEVERAGE RECOMMENDATION

A light, crisp, subtle fruit Pinot Grigio, particularly from Italy, would pair nicely. Our PRB Pilsner would be a direct hit.



Farrotto Primavera

Nutrition Facts

2 Servings Per Container
Serving Size 355g
Calories Per Serving 710

Amount Per Serving	% Daily Value *	Amount Per Serving	% Daily Value *
Total Fat 35g	45%	Total Carbohydrates 94g	34%
Saturated Fat 8g	38%	Dietary Fiber 33g	118%
Trans Fat 0g		Total Sugars 7g	
Cholesterol 20mg	6%	Includes 0g Added Sugars	0%
Sodium 480mg	20%	Protein 27g	

Vitamin D 0.1mcg 0% . Calcium 950mg 70% . Iron 34.5mg 190% . Potassium 1540mg 35%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Thyme, Farro, Soup, vegetable broth, ready to serve, Extra Virgin Olive Oil, Grated Parmesan Cheese, Asparagus, Onions, Pistachio Nuts, Peas, Green Onions, Green Snap Beans, Parsley, Garlic, Bread Crumbs

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Chef's Lesson: Farrotto

Farrotto is cooked in the same manner and according to the same principle as risotto, but farro doesn't contain as much starch as short-grain rice, so the constant stirring or agitation that releases the rice's starch into the sauce doesn't appear as necessary with a farrotto. A very low but brisk simmer does the trick perfectly.

WHAT'S INCLUDED

- Farrotto, cooked
- Asparagus stems & Peas
- Asparagus Tips, Haricot Verts, Scallions
- Olive Oil
- Parsley
- Grated Parmesan
- Toasted Pistachio Persillade

WHAT ELSE YOU NEED

- 1 Medium saucepan
- 2 cups Hot Water

INSTRUCTIONS

STEP 1



In a sauce pot, heat the farrotto with 1 cups of hot water over medium-high heat. Simmer 5-7 minutes.

STEP 2



Add peas & asparagus stems and cook for 8 minutes, adding more water, as necessary. Add haricot verts, scallion tops & asparagus tips. Cook 5 minutes.

STEP 3



Remove farrotto from heat and stir in $\frac{1}{2}$ of the grated parmesan cheese, olive oil & chopped parsley. Stir until farro is smooth, adding water, as necessary.

STEP 4



Season with salt & pepper. Drizzle with toasted pistachio persillade and the remaining parmesan cheese. Serve immediately.

