



MEDITERRANEAN
FARRO
SAUTE



Mediterranean Farro Saute

Yield: 10 each / 6 oz portions



Raw Super Grains



Raw Grains

Ingredients:

32 oz cooked Farro
2 cups Artichoke Hearts (canned & drained)
1½ cups Kalamata Olives (canned & drained)
2 cups Blistered Cherry Tomatoes
2 cups Grilled Halloumi Cheese
2 each Navel Orange
2 each Lemon
2 Tbsp Chopped Garlic
1 each Small Diced Red Onion
2 each Rosemary Sprigs
2 each Thyme Sprigs
1 Tbsp Crushed Red Pepper
2 Tbsp Olive Oil
Salt & Pepper to taste
Green Onions for Garnish



Mediterranean Farro Saute

Preparation

1. Peel lemon and orange rinds with a peeler, reserve the peeled lemon and orange for their juices.
2. Cook the farro according to package instructions.
3. In a large sauté pan, add olive oil, garlic, red onion, citrus peels, crushed red pepper, and whole thyme and rosemary. Sweat on medium-low for 8-10 minutes.
4. Grill halloumi cheese for 4 minutes on each side. Remove and let cool for 3-4 minutes before cutting into bite sized pieces.
5. Add artichokes, olives, and tomatoes to the sauté pan and sweat on medium heat for 5-6 minutes.
6. Squeeze the juice of the lemons and oranges into the sauté pan and remove the large peels and whole rosemary and thyme.
7. Mix the farro and the sauté pan with all liquid in a large mixing bowl. Season with additional olive oil and salt and pepper if needed.