



# FARRO, ASPARAGUS, AND PEPPER SALAD WITH SESAME-MISO DRESSING

FAST. EASY. FRESH.

**1.** Start by prepping your **farro**. In medium-sized pot, combine the farro with 4 cups of water and bring to a boil. Once boiling, reduce the heat to low and simmer, covered, for 20 minutes. Remove from heat, drain any excess water, and set aside.

**2.** Meanwhile, trim the ends off your **asparagus** and then chop into 1 to 2-inch pieces. De-seed and dice the **peppers**, and peel and mince the **garlic**.

**3.** Next, heat 1 Tbsp. **olive oil** in a large pan over medium-high heat until shimmering. Add the **asparagus**, season with **salt** and **pepper**, and sauté briefly, about 30 seconds. Add the **water** and reduce heat to low, then cover and let steam for 3 minutes. Add the **pepper** and let steam for another 2 minutes, or until the veggies are tender.

**4.** While the veggies are cooking, make your dressing. In a small bowl combine the **ginger**, garlic, **rice vinegar**, **miso paste**, **almond butter**, **sesame oil**, **maple syrup** and 2 Tbsp. oil. Whisk well to combine (this may take a couple minutes!).

**5.** Finally, in a large bowl combine the cooked **farro**, **asparagus**, **peppers**, **coleslaw mix**, and dressing and stir well to combine. To serve, spoon the salad onto dishes and enjoy!

## Ingredients (4 Person Serving – 685 Calories Per Serving)

Farro	372 g
Asparagus	450 g
Olive Oil	3 Tbsp.
Coleslaw Mix	130 g
Sweet Bell Peppers	2
Water	2 Tbsp.
Minced Ginger	4 tsp.

Garlic
Rice Vinegar
White Miso Paste
Almond Butter
Sesame Oil
Maple Syrup
Salt and Pepper

2 Cloves
½ Cup
72 g
60 g
4 Tbsp.
4 Tbsp.
To taste



**30** Minute  
Cook  
Time!