

THYME & TEMP

KALE-BASIL PESTO FARRO SALAD

WITH CUCUMBER, TOMATOES & SHALLOTS

4-6 SERVINGS
45 MINUTES

INGREDIENTS

PESTO

2 cups packed kale, stems removed
1 cup packed fresh basil
1 tsp kosher salt
1/4 cup extra virgin olive oil
1 tbsp lemon juice
3 cloves garlic
1/4 cup walnuts, toasted
1/4 tsp black pepper
1/2 cup grated parmesan

FARRO & VEGGIES

3 cups of water
pinch of salt
1 cup farro
1 cup cucumber, sliced & quartered
1/2 cup shallots, diced
1 cup cherry tomatoes, halved



INSTRUCTIONS

Preheat the oven to 350 degrees F. After preparing the pesto, you will toast the farro a bit while the water comes to boil.

PESTO

Place the kale, basil, and salt in a food processor and pulse around 10-12 times, or until everything is finely chopped. Add lemon juice.

With the processor running, drizzle in all of the olive oil. When blended, turn off machine so that you can remove the lid to scrap down the sides.

Drop in the walnuts and garlic, and then pulse about 6-8 times. Pour in the grated parmesan and pulse until everything is thoroughly blended, approx 6 more times.

Scrap into a small bowl, cover, and refrigerate while you prepare the other items.

FARRO

Rinse farro under cold water and pat dry to eliminate any excess water. Pour fresh water into a 3.5+ quart sauce pot and turn on the heat to medium-high. Toss in a pinch of salt to season the water.

Toast the farro on a sheet pan for 10 minutes while the water comes to boil. Once finished, add to boiling water and cook for approximately 10 minutes. Test it about 6-8 minutes in to check on its softness. You want it al dente. Strain the farro once ready and allow to cool on a pan for about 5 minutes.

Remove pesto from the fridge and gently mix with the cooled farro in a medium mixing bowl. Once mixed completely, add tomatoes, shallots, and cucumber and fold together.

Place in an airtight container, or simply seal the bowl with plastic wrap, and store in the fridge for approx 1 hour before serving.