



spoon & whisk

ESSENTIAL KITCHENWARE & CUTLERY  
FOR THE WELL-STOCKED KITCHEN

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**Farro Salad with Roasted Asparagus, Peas, and Feta  
with a White Wine Vinaigrette**

Serves 6

This hearty salad is filled with wholesome farro and spring green vegetables. A duo of snap peas and fresh peas pairs well with the roasted asparagus, vibrant mint, and salty feta. A simple, but flavorful, vinaigrette marries all of the elements together quite nicely!

**Ingredients:**

1-1/2 cups farro  
3 cups chicken broth  
1 teaspoon kosher salt  
1 bunch asparagus, cut into 1" pieces  
Olive oil, Kosher salt, pepper  
for roasting asparagus  
1-1/2 cups fresh baby peas, blanched  
(or 10 oz. frozen)  
6 oz fresh snap peas, cut on a bias  
1/2 cup feta cheese, crumbled  
10 mint leaves, julienned

**White Wine Vinaigrette Dressing:**

1/4 cup white wine vinegar  
1/4 cup olive oil  
1 tablespoon stone-ground mustard  
1 clove of garlic, crushed  
1/2 teaspoon Kosher salt  
1/2 teaspoon freshly ground black pepper

**Directions:**

1. Preheat the oven to 400 degrees F.
2. Cook the farro in the broth seasoned with salt according to package instructions.
3. On a large baking sheet, drizzle the asparagus pieces with olive oil and roll around to coat. Sprinkle the asparagus with Kosher salt and freshly ground black pepper. Roast the asparagus in the oven for 10-12 minutes, or until just crisp tender. to the tip of a knife.
4. Blanch the peas. Using a pasta pot with a steamer basket, dip the peas into boiling water for one minute, then plunge into an ice water bath to stop them from overcooking.
5. Slice the snap peas into thin slices on a bias.
4. Mix the dressing together with an immersion blender or by whisking vigorously. Pour the mixed dressing over the cooked farro. Allow the farro to cool before adding the remainder of the ingredients.
8. Add the roasted asparagus, blanched peas, and snap peas to the cooked and cooled farro. Toss to mix together with the dressing.
9. Sprinkle the top of the salad with the feta cheese and fresh mint.