



Nourish Recipe

## Grain Bowl

Servings: 4

### What you'll need



measuring  
spoons



measuring  
cups



large  
heavy-based  
saucepan & lid



large bowl



sheet pan



### Ingredients

- 4 Large Roma tomatoes, halved
- 3 Tbsp olive oil, divided
- ½ cup red onion, finely chopped
- 3 garlic cloves, finely chopped
- ½ lbs cracked farro (freekeh)
- 4 cups water
- ½ cup slivered almonds toasted
- ½ cup walnuts, toasted and coarsely chopped
- 1 ¾ oz baby spinach leaves
- 1 cup roughly chopped mint
- 1 cup roughly chopped parsley
- Salt and freshly cracked black pepper

# Grain Bowl

## Instructions

1. Preheat oven to 350°F.
2. Place halved tomatoes, cut side up, onto a baking tray lined with baking paper. Brush each with olive oil (2 Tbsp), and roast for 15 minutes. Carefully turn each tomato over and roast for another 15 minutes to allow the juices to drain off.
3. Heat oil (2 Tbsp) in a large heavy-based saucepan over medium heat. Cook the onion (½ cup) and garlic (3 cloves) for 2 minutes, until just translucent.
4. Add cracked farro (½ lbs) and stir. Add water (4 cups). Bring to a boil. Turn down heat, cover and simmer over a low heat for 15 minutes.
5. Remove the saucepan from the heat and allow to rest, covered, for 10 minutes.
6. Spread out cooked farro on a tray to dry for 30 minutes.
7. Place cooked farro and onion mixture in a large bowl. Add salt, pepper and nuts (½ cup almonds, ½ cup walnuts), toss lightly to combine.
8. Serve with roasted tomatoes on top. Add other topping as desired (e.g. Spinach, chopped herbs, chimichurri sauce)



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## Nutrition Facts

Servings 4

Amount Per Serving

**Calories** **409**

% Daily Value

**Total Fat** 18.6g **24%**

Saturated Fat 2.1g **10%**

**Cholesterol** 0mg **0%**

**Sodium** 32mg **1%**

**Total Carbohydrate** 50g **18%**

**Dietary Fiber** 12.7g **45%**

**Sugars** 4.7g

**Protein** 12.5g

Vitamin D 0mcg **0%**

Calcium 150mg **12%**

Iron 7mg **37%**

Potassium 668mg **14%**