

Spring Pea Farro Salad

Instructions

1. Bring a medium-sized pot of water to a boil, and add the peas and asparagus to blanch for 2 minutes. Drain the water and immediately submerge the peas and asparagus in a bowl of ice water to stop the cooking process and keep them bright green. Drain the vegetables from the ice water and set aside.
2. In the same pot, cook the farro according to the package directions. Once fully cooked, remove from heat and let cool for a few minutes.
3. In a cast iron skillet, heat a tablespoon of olive oil over medium-high heat. Add the garlic and red pepper flakes and sauté for 30 seconds. Add the peas, asparagus, and pea tendrils and sauté for 30 seconds until warmed. Season with salt and remove from heat.
4. Toss together the vegetables, farro, and the crumbled feta.
5. Whisk all of the dressing ingredients together and then drizzle over the farro mixture. Serve immediately. This dish can be enjoyed when served cold, at room temperature, or slightly warmed.

Ingredients

For the salad:

- 1 cup of fresh or frozen peas
- 1 bunch of asparagus, cut into small coins
- 1 cup of farro
- 1 tbsp of olive oil
- 2 cloves of garlic, roughly chopped
- ½ tsp of red pepper flakes
- 1 bunch of pea tendrils, cut into 2" pieces
- Kosher salt, to taste
- ½ cup of feta, crumbled

For the dressing:

- 1 lemon, juiced
- 2 tsp of champagne vinegar
- ½ cup of olive oil
- Kosher salt, to taste

Grocery List

Produce

- Fresh or frozen peas
- Asparagus
- Garlic
- Pea tendrils
- Lemon

Canned Goods/Grocery

- Farro
- Olive oil
- Red pepper flakes
- Feta cheese
- Kosher salt
- Champagne vinegar