



## Insalata Di Farro

7 tablespoons extra virgin olive oil (100 ml) plus extra for drizzling  
2 garlic cloves, crushed  
0.8 lb farro (400 g)  
6 cups vegetable broth (1.4 l) plus extra for sautéing vegetables  
1 red onion, roughly chopped  
2 zucchini, sliced  
1 red pepper, chopped  
1 eggplant, chopped  
10 cherry tomatoes, halved  
salt to taste  
a bunch fresh parsley, finely chopped  
a small bunch fresh mint leaves, finely chopped  
walnuts, toasted, for sprinkling

## Com Si Fa?

- In a saucepan, heat up 3 tablespoons of olive oil; then add garlic and farro.
- Cook garlic until golden, allowing the farro to get toasted as well. Stir to prevent sticking.
- Like a risotto, add vegetable broth, a few ladles at a time. Continue stirring and add more broth, a little at a time, as it evaporates. Cook until the farro is soft.
- In another saucepan, heat up 4 tablespoons of olive oil.
- Add onion, zucchini, red pepper, eggplant and then the tomatoes. Add salt and cook till tender.
- If the pan is drying out, avoid adding more oil, just add some vegetable broth to help cook the vegetables.
- Once the vegetables are soft, remove from heat and add to the farro. Then add parsley and mint; mix well and plate.
- Top with walnuts and drizzle with olive oil.

Per 4 persone



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