



**GREEN  
CHEF**

## SAUSAGE & APPLE FARRO BOWLS

*with butternut squash, red kale, cabbage, dried cranberries & pecans*

### COOK TIME

40 MIN

### SERVINGS

2

### CALORIES PER SERVING

1100

These wholesome harvest bowls feature farro, a nutrient-rich ancient grain that's packed with protein, fiber, and rich nutty notes. Here, we've tossed it with roasted butternut squash, sautéed red kale, and cabbage for textural variety and earthy depth. Crumbled pork sausages and crisp red apple are served on top, and a sprinkle of dried cranberries and pecans garnishes the vibrant dish.

### INGREDIENTS (10 ITEMS)

3 whole	<b>Italian pork sausages</b>
1 whole	<b>Gala apple</b>
¾ cup	<b>Farro</b> <small>W</small>
8 ¾ oz	<b>Butternut squash</b>
2 ¾ oz	<b>Red kale*</b>
2 ¾ oz	<b>Cabbage*</b>
1 oz	<b>Dried cranberries</b>
½ oz	<b>Pecans</b> <small>T</small>
1 tsp	<b>Italian seasoning</b>
1 ¼ oz	<b>Orange cider vinaigrette</b>

### WHAT YOU'LL NEED

medium pot  
large sauté pan  
baking sheet  
medium bowl  
measuring spoons  
fine-mesh strainer  
peeler  
oven mitt  
cooking & olive oils  
salt & pepper

### ALLERGENS

W WHEAT  
T TREE NUTS (pecans)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*This ingredient may be a different color. Either way, this dish will still be delicious!

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [help.greenchef.com](https://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

# 1 COOK FARRO

- Preheat oven to 425 degrees.
- Bring a medium pot of lightly salted water to a boil. Add **farro** to boiling water. Stir. Reduce heat to medium-low. Cook 30 minutes, or until farro is tender, stirring occasionally.
- Strain **farro**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



# 2 START PREP & ROAST SQUASH

- Remove any seeds from **butternut squash** with a spoon. Carefully peel with a sharp peeler.\* Medium dice into pieces, about ½ inch each.
- Place **squash** on a lightly oiled, foil-lined baking sheet. Drizzle with about 2 tablespoons cooking oil. Season with **Italian seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 18-20 minutes, or until squash is fork tender, stirring halfway through.

*\*If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut-sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*



# 3 FINISH PREP

- Remove and discard any thick center stems from **red kale**. Roughly chop leaves into bite-size pieces.
- Stand **Gala apple** upright and cut off sides around core; discard core. Small dice into pieces, about ¼ inch each.
- Roughly chop **pecans** if necessary.



# 4 COOK SAUSAGES

- Remove **Italian pork sausages** from casings.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **sausages** to hot pan. Stir to break up sausages. Lightly season with salt and pepper. Cook 4-5 minutes, or until sausages are fully cooked,\* stirring occasionally. Transfer **sausages** to a medium bowl.

*\*Ground pork is fully cooked when it's no longer pink.*



# 5 COOK VEGGIES

- Heat about 1 tablespoon cooking oil in pan used for sausages over medium-high heat. Add **kale** and **cabbage**. Lightly season with salt and pepper. Stir to combine. Cook 2-3 minutes, or until kale is wilted, stirring occasionally.
- Remove from heat. Transfer **farro** and **squash** to pan. Add about half of the **apple**. Salt and pepper to taste. Stir to combine.



# 6 PLATE YOUR DISH

- Divide **farro and veggies** between bowls. Top with **pork sausages** and remaining **apple**. Garnish with **dried cranberries** and **pecans**. Drizzle with **orange cider vinaigrette** to taste. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (533g)

Amount per serving

Calories 1100

	% Daily Value*
Total Fat 68g	87%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1250mg	54%
Total Carbohydrate 94g	34%
Dietary Fiber 6g	21%
Total Sugars 23g	
Includes 10g Added Sugars	20%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 6mg	35%
Potassium 1178mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:  
Italian Pork Sausages [pork, water, spices, salt, garlic, vinegar], Butternut Squash, Red Cabbage, Gala Apple, Italian Seasoning [spices (basil, rosemary, marjoram, oregano, thyme)], Orange Cider Vinaigrette (Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Orange Juice, Lemon Juice, Agave [blue agave nectar], Sea Salt, Black Pepper, Sunflower Oil), Farro [pearled farro wheat], Dried Cranberries [cranberries, cane sugar, sunflower oil], Pecans [pecans, canola oil], Red Kale

Allergen information:  
Contains Tree Nuts And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.