



Farro and Pomegranate Salad

Yield: 4-6 servings



Ingredients

250g (1 cup) Farro 750ml (3 cups) Vegetable stock 75ml (1/3 cup) Pomegranate molasses 150ml (2/3 cup) Balsamic vinegar 350ml (1 1/4 cups) Olive oil 40g (2.5 Tbsp) Dijon mustard 1 Pomegranate - clean seeds from membrane and peel 1 Cucumber - small diced 10-15 mint leaves Baby arugula - 4 hand full cleaned and dried

Instructions

- 1. Cook the farro until tender and hydrated, but still al dente, then cool.
- 2. Mix the vinegar, molasses, and mustard and then emulsify the olive oil into the vinegar mix.
- 3. Toss the cucumber, farro and pomegranate seeds together. Dress with 75% of the vinaigrette.
- 4. Toss the arugula with the remaining amount of vinaigrette and season with salt and pepper to taste.
- 5. Place arugula on plate and top with the farro salad.

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