

FARRO, BEETROOT & ASPARAGUS SALAD



 Serves 4

 Prep Time 30 minutes

 Cook Time 20 minutes



INGREDIENTS

- 200g farro
- 250g asparagus, trimmed
- 2 carrots, peeled and grated
- 3 beetroot, peeled and grated
- 100g snow peas, finely sliced
- 2 spring onions, finely sliced
- 250mL bottle **Eta Creamy Balsamic Dressing**

METHOD

1. Soak the farro in cold water for 20 minutes, then drain.
3. Place the farro in a large saucepan, cover with cold water and bring to the boil. Simmer for 20 minutes, or until tender, drain well and set aside.
4. While the farro is cooking, bring a large pot of water to the boil. Quickly blanch the prepared asparagus, plunge into a

- Coriander, for garnish

bowl of cold water to stop the cooking process, drain and slice.

5. Add the cooked farro, grated carrots and beetroot, the sliced snow peas, asparagus and spring onions into a large mixing bowl.
6. Gently mix to combine and transfer to a serving platter.
7. Drizzle over $\frac{1}{4}$ cup of **Eta Creamy Balsamic Dressing** and garnish with coriander leaves.

TIPS

You could replace Farro with brown rice.