

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**
- Coriander, for garnish

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 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.