

Farro Pilaf with Mushrooms

Prep: 15 minutes • Cook: 15 minutes

Chewy, nutty farro is folded with golden shiitake mushrooms, silky kale, creamy cannellini beans, and tangy feta, lifted by bright lemon and sun-dried tomatoes for umami-rich depth. A hearty, protein-packed dish that eats beautifully warm or cold in just 30 minutes.

Ingredients

- 3 tablespoons extra-virgin olive oil (divided)
- 2 large (about 1 cup) shallots (minced)
- 4 cloves garlic (minced)
- 1 cup farro (pearled (or semi-pearled or whole))
- 2 cups vegetable broth (more if needed)
- 2 cups shiitake mushrooms (sliced)
- 1/2 teaspoon fine sea salt (divided)
- to taste black pepper
- 2 cups kale (thinly sliced, destemmed)
- 1 tablespoon fresh lemon juice
- 2 cans (15 oz/14 fl oz/398 ml) cannellini beans (rinsed and drained)
- 1/2 cup toasted unsalted almonds (roughly chopped)
- 1/4 cup sundried tomatoes (thinly sliced, packed in oil, drained)
- 1/3 cup flat-leaf parsley (chopped)
- 1/2 cup feta (crumbled (vegan, if needed))

Instructions

1. Cook farro: In a medium pot, heat 1 tablespoon olive oil over medium heat. Add minced shallots and garlic; cook, stirring frequently, until translucent, 2 to 3 minutes. Add farro and vegetable broth; stir, cover with the lid slightly ajar, bring to a boil, then reduce to a simmer. Cook until farro is tender, about 10 minutes. Drain the farro, reserving the cooking liquid.
2. Cook mushrooms: Meanwhile, heat 1 tablespoon olive oil in a non-stick skillet over medium-high. Add sliced shiitake mushrooms and cook, stirring occasionally, until golden brown, about 6 minutes. Season with 1/4 teaspoon fine sea salt and black pepper to taste.
3. Toss kale: In a large serving bowl, combine kale with the remaining 1 tablespoon olive oil and lemon juice. Massage with your hands until the leaves are well coated and slightly softened.
4. Finish and serve: To the bowl, add cooked farro, cooked mushrooms, cannellini beans, almonds, sundried tomatoes, parsley, remaining 1/4 teaspoon fine sea salt, and about 1/2 cup reserved cooking liquid. Toss to combine; season with pepper (and more salt) to taste. Sprinkle feta over top and serve warm or cold.

Tags: Vegetarian, Farro, Mushrooms, Kale, High Protein, 30 Minutes

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