

Farro and Broccoli Saute



FOODSERVICE

SERVING SIZE: 6

Ingredients

- 2 cups **Furmano's Fully Cooked Farro**, Drained & Rinsed
- 2 cups Broccoli Florets
- 1/4 cup Olive Oil
- 2 tablespoons Fresh Garlic, Minced
- 2 teaspoons Lemon Zest
- 1 tablespoon Lemon Juice
- 1 teaspoon Black Pepper Flakes
- 2 teaspoons Kosher Salt
- 1/4 cup Parmigiano-Reggiano, Grated

In This Recipe



Fully Cooked Farro - 24 oz.



Fully Cooked Farro - 96 oz.

Preparation

1. Steam Broccoli in medium sized batches, reserve.
2. Chop Broccoli into 1/2 inch florets.
3. In a large saute pan, heat olive oil over medium high heat until oil starts to shimmer. Add Garlic and saute for 1 minute. Add chopped Broccoli, Lemon Zest and Salt. Saute for three to four minutes. Reserve.
4. In a mixing bowl add Farro and Broccoli mixture, stir to combine. Add Lemon Juice and Pepper and Parmigiano-Reggiano. Serve Warm.

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