

SERVES 4

PREP TIME: 30 MIN

COOK TIME: 20 MIN

CONTAINS: EGG, WHEAT &
SESAME

CDS FIVE SPICE FARRO BREAKFAST BOWL

This is a hearty and healthy dish that works for any mealtime. Farro simmered in an Asian-flavored broth, sauteed and pickled vegetables, scrambled egg whites and a spicy Togarashi mayo.

INGREDIENTS

1 cup Farro
4 cups Water
1 tsp Salt
½ tsp Five Spice Powder
1 tsp Garlic Minced
1 tbsp Ginger Minced
1 tbsp Sesame Oil (or preferred oil)
4 tbsp Carrots Shredded
4 tbsp Red Onion Sliced Thin
3 tsp Apple Cider Vinegar
1 tsp Sugar
1 ½ tbsp Vegetable Oil
1 cup Sliced Mushrooms
½ tsp Salt
¼ tsp Pepper
2 cups Fresh Spinach
1 tsp Lemon Juice
½ tsp Tabasco Hot Sauce
4 tbsp Mayonnaise
1 ½ tsp Sriracha Sauce
½ tsp Togarashi Spice (*Japanese 7
spice mix*)
1 cup Egg Whites
½ tsp Salt
1/8 tsp Pepper
1 tbsp Vegetable Oil
1 tbsp Black and White Sesame
Seed mix (optional)

1. In a strainer, rinse the farro in cold water for a few seconds and let it drain. Place farro in a saucepan and add water, salt, five spice powder, garlic, and ginger. Bring to a boil. Lower heat to a simmer and cover with a lid. Cook for about 25 mins or until the grains are tender. Drain farro and toss with sesame oil (optional) and keep warm and set aside.
2. In a microwave-safe bowl add carrots, onion, sugar, and vinegar – toss to combine. Cover with a plastic film and microwave on high for about 30 seconds or until the vegetables are somewhat tender. Keep covered and let cool until needed.
3. In a sauté pan over medium-high heat, add vegetable oil, sliced mushrooms, and salt. Cook the mushrooms for about 2 minutes until they release their juices. Add salt and pepper. Cook 2 more minutes and add spinach, lemon juice and tabasco sauce. Cook until the spinach is wilted. Adjust seasoning with more salt and pepper if desired.
4. In a small bowl, combine mayonnaise, sriracha sauce and togarashi spice and mix well. Set aside.
5. Divide the mushroom spinach mix, cooked farro grains, pickled carrots, and onions between 4 serving bowls.
6. In a bowl combine egg whites, salt, and pepper. Using a whisk beat the eggs until slightly foamy – about 30 seconds.
7. In a non-stick sauté pan over medium-high heat – add oil and heat for 30 seconds. Add eggs and stir until eggs are cooked, but still soft— about 3-4 mins.
8. Top each bowl with eggs and drizzle with spiced mayonnaise.
9. Sprinkle with sesame seeds (optional).

Serve & Enjoy!

Recipe crafted by Senior Executive Chef Michael Gueiss, CCC, PCIII

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