



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

## **Farro Salad with Asparagus, Grape Tomatoes and Feta**

Serves 2

¾ cup semi-pearled farro  
6 ounces asparagus, trimmed, cut into 1 1/2-inch lengths  
6 ounces grape tomatoes, halved  
¼ cup red onion, chopped  
4 tablespoons chopped fresh dill  
¼ cup olive oil  
2 tablespoons white wine vinegar  
3 ounces feta cheese, crumbled

### **THE STEPS:**

- Cook farro in large saucepan of boiling salted water until just tender, about 10 minutes.
- Drain.
- Transfer to a large mixing bowl.
- Meanwhile, blanch asparagus and in another pot of boiling salted water until crisp-tender, about 3 minutes then plunge into an ice bath. When completely cooled, drain well
- Toss farro with asparagus, tomatoes, onion, and dill.
- Whisk oil and vinegar in small bowl.
- Season dressing with sea salt and freshly ground black pepper. *You have to taste this - I used ¼ teaspoon of each*
- Add dressing and feta to salad
- Toss well to coat then serve.

**THE LOVE:** I tasted farro for the first time in Tuscany. It's an ancient grain with a lovely nutty flavour perfectly suited to serve both warm or cold. It's difficult to find in this part of the world so if you do see it in the speciality section of your supermarket - grab it!