

Spring Lemon Miso Farrotto



SIZE

For 4-6

PREPARATION

1 hr

DIFFICULTY



Level 1



Level 1



This Spring-forward vegan lemon miso farroto is not only packed with flavor but packed with fresh spring produce.

Farroto is similar to risotto in the sense that it uses the same cooking technique but instead of using rice, we use farro and instead of using stock, we use a miso enriched water....Also there's no cheese needed here!

We brighten the deep and rich miso flavor with snap peas, peas, scallions, and mushrooms for the best of the season in one

satisfying bowl.



Ingredients

- 1** pack extra firm silken tofu, diced into ½-inch pieces (or cooked shrimp)
- 1** jar Not Just Lemon Miso Dressing, plus more to serve
- 3** Tbsp Extra virgin olive oil, divided
- 1** Tbsp soy sauce or liquid aminos
- 8** oz sliced shiitakes or button mushrooms
- 1** cup farro
- ¼** cup white or red miso paste
- ¼** cup peas, fresh or frozen
- 1** cup snap peas, snow peas, or asparagus, chopped into ½-inch pieces
- 1** bunch scallions, thinly sliced on the bias

Process

1

Add the tofu and Not Just salad Dressing to a bowl to marinate, carefully toss to coat, and set aside. In a 12-inch nonstick skillet, over medium high heat, add 2 tablespoons of the oil until shimmering. Add the mushrooms and soy sauce and cook until nicely browned and cooked through, about 3-5 minutes. Remove from the pan, place in a small bowl, and set aside.

2

To the same skillet, over medium heat, add the remaining tablespoon oil and farro and cook until slightly toasted and fragrant, about 2 minutes. Meanwhile, add the miso to 4 cups water and whisk to combine. Add 1 cup of the miso mixture to the pan, bring to a steady simmer, reduce to medium low, and cook until almost completely absorbed. Add another cup and continue with the same process with the remaining cups of the miso mix until the farro is cooked through. Stirring occasionally.

3

Stir in the mushrooms, peas, and half of the snap peas, and cook for about 3 minutes until the snap peas are al dente. Transfer to bowls and garnish with the marinated tofu, remaining snap peas, scallions, and drizzle with more lemon miso.