

Farro, Cauliflower and Pancetta Saute



FOODSERVICE

SERVING SIZE: 4

Ingredients

- 2 cups **Furmano's Fully Cooked Farro**, Drained & Rinsed
- 2 cups Cauliflower, cut into florets
- 2 tablespoons Olive Oil
- 1 tablespoon Fresh Lemon Juice
- 1 tablespoon Fresh Garlic, Minced
- 1/4 teaspoon Salt
- 1/4 teaspoon Black Pepper Flakes
- 1/4 cup Parmigiano-Reggiano, Grated
- 2 tablespoons Pine Nuts
- 1/4 cup Pancetta, chopped
- 1/3 cup Parsley, Chopped

In This Recipe



Fully Cooked Farro - 24 oz.



Fully Cooked Farro - 96 oz.

Preparation

1. Preheat oven to 400F.
2. In a small mixing bowl combine Olive Oil, Lemon Juice, Garlic, Salt and Pepper. Whisk with a fork. Toss mixture with Cauliflower Florets.
3. Roast Cauliflower for 25-30 minutes until golden and begins to brown. During the final five minutes add Parmigiano and Pine Nuts. Reserve.
4. While the Cauliflower is roasting, cook Pancetta until crispy. Toss in Parsley once Pancetta is done.
5. In a mixing bowl combine Farro, Cauliflower Mixture, Pancetta and Parsley. Serve Warm.

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