

# one-pan farro recipe with mushrooms and peas



4.8 from 33 reviews

Author: [The Mediterranean Dish](#) Prep Time: 10 minutes Cook Time: 30 minutes

Total Time: 40 minutes Yield: serves 4



## DESCRIPTION

An easy Mediterranean one-pan farro recipe with mushrooms, peas, garlic, and fresh herbs!

## INGREDIENTS

SCALE

- [Olive oil](#)
- 3 green onions, chopped
- 8 oz baby bella mushrooms, cleaned, trimmed and sliced
- 1 cup frozen peas
- 1 tsp chopped garlic
- 1 cup [Italian Pearled Farro](#)
- 1 tsp [sweet paprika](#)
- 2 springs fresh thyme, leaves only
- Salt and pepper
- 2 1/4 cup vegetable broth (or chicken broth)
- 1/2 cup grated Parmesan cheese
- 1/4 cup fresh mint leaves, chopped

## INSTRUCTIONS

1. In a deep skillet with a lid ([like this one](#)), heat 2 tbsp olive oil over medium-high heat.
2. Add green onions, mushrooms and peas; saute for 3-4 minutes. Add fresh garlic and stir briefly until fragrant.
3. Now add farro, sweet paprika, thyme, and a little salt and pepper. Cook for 4-5 minutes, stirring regularly.
4. Meanwhile, in a separate pot, boil the vegetable broth. Add the boiling broth to the farro mixture.
5. Bring everything to a boil, then lower heat to medium-low. Cover and cook for 20 minutes until the liquid is absorbed.
6. Remove from heat and add grated Parmesan and fresh mint leaves. Serve warm. Enjoy!

## NOTES

- **Cook's Tip:** As a vegetarian entree or main course, this recipe will serve 4. If served as a side next to your favorite protein such as salmon or chicken, it can serve 5 to 6 people.
- **Cook's Tip:** To serve as a vegetarian entree, consider adding a salad like this [Mediterranean Salad](#) or [3-Bean Salad](#). Or serve this farro recipe as a side next to your favorite protein.
- **Leftovers?** Store leftovers in the fridge in air-tight containers for 3 to 4 days. Warm over medium-low heat, adding a little water and stirring as needed.
- Recommended for this Recipe: Our [Private Reserve](#) Greek extra virgin olive oil (from organically grown and processed Koroneiki olives!)
- Visit our [store](#) to browse our spices, olive oils and bundles!

# Nutrition Facts

Serves 4

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**Amount Per Serving**

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**Calories** 366

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**% Daily Value\***

**Total Fat** 11.5g **15%**

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Saturated Fat 2.9g

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Trans Fat 0g

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**Sodium** 733.4mg **32%**

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**Total Carbohydrate** 53.4g **19%**

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Sugars 8.3g

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**Protein** 16.6g **33%**

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Vitamin A 8% Vitamin C 18%

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Calcium 13% Iron 8%

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Vitamin D 2% Magnesium 8%

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Potassium 10% Zinc 11%

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Phosphorus 15% Thiamin (B1) 18%

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Riboflavin (B2) 32% Niacin (B3) 20%

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Vitamin B6 15% Folic Acid (B9) 13%

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Vitamin B12 8% Vitamin E 2%

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Vitamin K 13%

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**Keywords:** Farro Recipe, farro risotto

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