Farro Salad with Asparagus and Parmesan

1 Tablespoon + 1/3 cup olive oil

2 thyme sprigs

1 bay leaf

3 Tablespoons lemon juice

3 Tablespoons minced shallot

1 teaspoon Dijon mustard

1 Tablespoon + 3/4 teaspoon salt

1/2 teaspoon pepper

12 ounces asparagus, sliced thin

1/4 cup chopped fresh mint

3 Tablespoons fresh dill

1 1/2 cups uncooked farro

3 cups baby arugula

2 ounces parmesan cheese, shaved

Combine 1 T. oil and farro in saucepan.

Cook 6 minutes over low heat.

Add 2 quarts water, 1 T. salt, thyme and bay.   Bring to a boil.

Reduce heat and simmer 10-20 minutes. Drain.

Discard thyme and bay.

Whisk together 1/3 c. oil, lemon juice, shallot, mustard 1/2 t. salt and pepper.

Add asparagus, mint and dill.

Let sit 10 minutes.

Add farro and 1/4 t. salt and toss.

Fold in arugula and half of parmesan.

Sprinkle with remaining parmesan and serve.