



UCCOOK

Barley & Roast Veg

with feta, harissa dressing & fresh oregano

With the slightly sweet & tangy flavours of the North African red chilli paste, called harissa, this loaded roasted vegetable barley is packed full of wonderful, satisfying tastes. Finished with a scattering of feta crumbles, toasted sunflower seeds & fresh oregano. You'll barley be able to just have one serving!


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Morgan Otten

 Veggie

 Harry Hartman | Somesay Shiraz

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Ingredients & Prep

150ml	Pearled Barley
500g	Butternut Chunks <i>cut into small bite-sized pieces</i>
400g	Beetroot Chunks <i>cut into small bite-sized pieces</i>
1	Onion <i>peeled & sliced into wedges</i>
200g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized pieces</i>
1	Green Bell Pepper <i>rinsed, deseeded & sliced</i>
30ml	NOMU Italian Rub
60ml	Harissa Dressing <i>(30ml Pesto Princess Harissa Paste, 20ml Lemon Juice & 10ml Low Sodium Soy Sauce)</i>
20g	Sunflower Seeds
60g	Danish-style Feta <i>drained & crumbled</i>
5g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GET THE BARLEY BUBBLING Preheat the oven to 200°C. Place the pearled barley in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

2. NOSH ON SOME NUTRIENTS Place the butternut & beetroot pieces, the onion wedges, the baby marrow pieces, and the sliced green pepper on a large roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway). In the final 5 minutes, toss through the harissa dressing.

3. WHILE YOU WAIT... Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. A WINNING COMBO Add the roasted veg and seasoning to the pot with the cooked barley. Mix to combine.

5. LOOK AT YOU, CHEF! Dish up a generous portion of the loaded barley, scatter over the drained feta and the toasted sunflower seeds, and garnish with the picked oregano. Time to dig in!

Nutritional Information

Per 100g

Energy	331kJ
Energy	79kcal
Protein	2.8g
Carbs	12g
of which sugars	2.4g
Fibre	3g
Fat	2g
of which saturated	0.7g
Sodium	165mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 3
Days