



# UCOOK

## Chorizo & Rosemary Barley

with a flavourful tomato sauce

Let's say goodbye to rice and give a warm welcome to barley, a nutty-tasting, nutritious whole grain that's high in fibre and even higher in taste. Topped with golden rounds of salty chorizo, we make this grain shine with a rosemary-infused tomato sauce. You will barley be able to believe how good this is, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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Simple & Save

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 Stettyn Wines | Stettyn Family Range Pinotage 2021

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## Ingredients & Prep

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50g	Sliced Pork Chorizo <i>roughly chop</i>
1	Onion <i>peel &amp; finely dice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
3g	Fresh Rosemary <i>rinse &amp; finely chop</i>
75ml	Pearled Barley <i>rinse</i>
100g	Cooked Chopped Tomato
5ml	Chicken Stock

## From Your Kitchen

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

**1. GOLDEN CHORIZO** Place a pot over medium heat with a drizzle of oil. When hot, fry the chopped chorizo until golden, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

**2. FLAVOURFUL BARLEY** Return the pot to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until softening, 3-4 minutes (shifting occasionally). Add the grated garlic, ½ the chopped rosemary, and the rinsed barley. Fry until fragrant, 1-2 minutes (shifting occasionally).

**3. MAKE IT DELICIOUS** Pour in the cooked chopped tomato, the stock, and 350ml of water. Bring to a boil, reduce the heat, and simmer until the barley is cooked through, 25-30 minutes (stirring occasionally as the water is absorbed and adding more only if required). Remove from the heat and season.

**4. SIMPLE & SIMPLY FANTASTIC** Generously pile up the herby barley and top with the fried chorizo. Sprinkle over the remaining rosemary. Time to dine, Chef!

## Nutritional Information

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Per 100g

Energy	691kJ
Energy	165kcal
Protein	7.8g
Carbs	24g
of which sugars	2.7g
Fibre	4.5g
Fat	4.4g
of which saturated	1.5g
Sodium	422mg

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## Allergens

Gluten, Allium, Wheat, Sulphites,  
Alcohol, Cow's Milk

Eat  
Within  
4 Days