

# WCOOK

## Tomato Pearl Barley

with kale & Danish-style feta

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Ethan Shahim

**Wine Pairing:** Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

### Nutritional Info

	Per 100g	Per Portion
Energy	472kJ	4170kJ
Energy	113kcal	997kcal
Protein	4g	35.2g
Carbs	21g	182g
of which sugars	5.7g	50.7g
Fibre	4.6g	40.7g
Fat	2g	17.8g
of which saturated	0.6g	4.9g
Sodium	156mg	1375mg

**Allergens:** Sulphites, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 5 Days



## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Date & Nut Mix <i>(120ml [160ml] Dates &amp; 30ml [40ml] Nuts)</i>
2 units	2 units	Vegetable Stock Sachet
2	2	Onions <i>peel &amp; roughly slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
8g	10g	Fresh Thyme <i>rinse</i>
30ml	40ml	NOMU One For All Rub
450g	600g	Cooked Chopped Tomato
300ml	400ml	Pearled Barley
360g	480g	Chickpeas <i>drain &amp; rinse</i>
120g	160g	Kale <i>rinse &amp; roughly shred</i>
2	2	Lemons <i>rinse &amp; cut into wedges</i>
60g	80g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. TOAST** Boil the kettle. Roughly chop the date & nut mix. Place in a pot over medium heat. Toast until lightly charred, 2-3 minutes (shifting occasionally). Remove from the pot and set aside.

**2. CREAMY BARLEY** Dilute 1½ [2] of the stock with 750ml [1L] of boiling water. Return the pot to medium heat with a drizzle of oil. Fry the onion until soft and lightly golden, 7-8 minutes. Add the garlic, thyme, and the NOMU rub. Fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomato, barley and the diluted stock. Reduce the heat and simmer until the barley is al dente, 35-40 minutes (stirring occasionally). In the final 6-8 minutes, add the chickpeas and gently mash them a bit to create a rustic creamy texture. Simmer for the remaining time. Remove from the heat, discard the thyme, and season.

**3. KALE & FETA** Place the kale in a bowl with a drizzle of olive oil, a squeeze of lemon juice (to taste), and seasoning. Using your hands, massage until softened and coated. Crumble the feta and toss to combine.

**4. TIME TO DINE** Bowl up the creamy barley, scatter over the date & nut mix, and serve the kale on the side. Dig in, Chef!

**Chef's Tip** Gently mash some of the chickpeas a few times - this creates a more interesting texture and helps make the dish slightly creamy.