

# UCCOOK

## Barley, Blistered Tomatoes & Pesto

with balsamic vinegar & pecan nuts

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Veggie:** Serves 1 & 2

**Chef:** Elaina Rose

**Wine Pairing:** Doos Wine | Doos Dry White 3L

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 585kJ    | 2793kJ      |
| Energy             | 140kcal  | 668kcal     |
| Protein            | 3.4g     | 16.3g       |
| Carbs              | 22g      | 104g        |
| of which sugars    | 4.5g     | 21.4g       |
| Fibre              | 4.6g     | 22.1g       |
| Fat                | 5.8g     | 27.5g       |
| of which saturated | 0.8g     | 3.6g        |
| Sodium             | 92mg     | 440mg       |

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

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                      |
|----------|------------|------------------------------------------------------|
| 30ml     | 60ml       | Pesto Princess Basil Pesto                           |
| 20g      | 40g        | Green Leaves<br><i>rinse &amp; roughly shred</i>     |
| 3g       | 5g         | Fresh Basil<br><i>rinse, pick &amp; roughly tear</i> |
| 10ml     | 20ml       | Lemon Juice                                          |
| 20ml     | 40ml       | ButtaNutt Coconut Yoghurt                            |
| 100ml    | 200ml      | Pearled Barley<br><i>rinse</i>                       |
| 15ml     | 30ml       | Balsamic Vinegar                                     |
| 80g      | 160g       | Baby Tomatoes<br><i>rinse</i>                        |
| 40g      | 80g        | Sun-dried Tomatoes<br><i>roughly chop</i>            |
| 1        | 1          | Onion<br><i>peel &amp; finely slice ½ [1]</i>        |
| 10g      | 20g        | Pecan Nuts<br><i>roughly chop</i>                    |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Sugar/Sweetener/Honey  
Butter (optional)  
Seasoning (salt & pepper)

**1. BOIL THE BARLEY** Place the pearled barley in a pot with 400ml [800ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

**2. GOLDEN PECANS** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CARAMELISED ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**4. ZESTY PESTO DRIZZLE** In a bowl, combine the coconut yoghurt with the pesto, ½ the lemon juice (to taste) and seasoning. Add water in 5ml increments until drizzling consistency. Set aside.

**5. BLISTERING BALSAMIC BABY TOMATOES** Return the pan to medium heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 3-4 minutes. In the final 1-2 minutes, add the balsamic vinegar and seasoning. Remove from the pan and set aside.

**6. LOADED BARLEY** Toss the green leaves through the barley along with the sun-dried tomatoes, ½ the basil, ½ the nuts, caramelised onions, and the remaining lemon juice.

**7. GRUB'S UP!** Pile up the loaded barley salad and top with the balsamic blistered baby tomatoes. Drizzle over the pesto yoghurt. Garnish with the remaining basil and nuts. Wow, Chef!