



UCCOOK

Barley, Blistered Tomatoes & Pesto

with balsamic vinegar & pecan nuts

A pearled barley salad loaded with baby spinach, sun-dried tomatoes, and caramelised onions, topped with balsamic blistered baby tomatoes. Finished off with lashings of a zesty pesto coco-yoghurt drizzle, and garnished with fresh basil & toasted pecan nuts. Simply stunning.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Elaina Rose

 Veggie

 Vergelegen | Premium Sauvignon Blanc

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Ingredients & Prep

300ml	Pearled Barley <i>rinsed</i>
30g	Pecan Nuts <i>roughly chopped</i>
2	Onions <i>1½ peeled & finely sliced</i>
60ml	Coconut Yoghurt
90ml	Pesto Princess Basil & Lemon Pesto
1	Lemon <i>¾ zested & cut into wedges</i>
300g	Baby Tomatoes <i>rinsed</i>
45ml	Balsamic Vinegar
60g	Spinach <i>rinsed</i>
120g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
12g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. BOIL THE BARLEY Place the rinsed pearled barley in a pot with 1.2L 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 chopped 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). When hot, fry the sliced onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

4. ZESTY PESTO CREAMY DRIZZLE Place the coconut yoghurt into a bowl and combine with the pesto, the lemon zest (to taste), a squeeze of lemon juice, 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 rinsed baby tomatoes until blistered, 5-6 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 rinsed spinach through the cooked barley, along with the chopped sun-dried tomatoes, ½ the torn basil, ½ the toasted nuts, the caramelised onions and the juice from 3 lemon wedges.

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

Nutritional Information

Per 100g

Energy	615kJ
Energy	147kcal
Protein	3.3g
Carbs	20g
of which sugars	4.4g
Fibre	4.5g
Fat	6.3g
of which saturated	0.8g
Sodium	100mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days