Eat Within 2 Days

Harissa Pork & Loaded Veg Barley

with pearled barley

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	392kJ	1968kJ
Energy	94kcal	471kcal
Protein	8.2g	41g
Carbs	11g	54g
of which sugars	2g	11g
Fibre	3g	14g
Fat	1.9g	9.4g
of which saturated	0.4g	1.9g
Sodium	111mg	555mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	1	Onion *peel & cut ½ [1] into wedges*
1	1	Bell Pepper *rinse, deseed & cut ½ [1] into bite-sized pieces*
80g	160g	Patty Pans *rinse, trim & cut into bite-sized pieces*
50ml	100ml	Pearled Barley *rinse*
150g	300g	Pork Rump
5ml	10ml	NOMU One For All Rub
20ml	40ml	Pesto Princess Harissa Paste
3g	5g	Fresh Mint *rinse, pick & roughly chop*

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the onion on a roasting tray. Lightly add cooking spray or a drizzle of oil (optional), and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). When the onion has reached the halfway mark, scatter over the bell pepper and patty pans. Lightly add cooking spray or oil and season. Roast for the remaining time. Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. BEGIN THE BARLEY Place the pearled barley in a pot with 250ml [500ml] 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.

3. PERFECT PORK Place a pan over medium-high heat. Pat the pork dry with paper towel and lightly coat with cooking spray or add a drizzle of oil to the pan (optional), and the NOMU rub. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-4 minutes per side. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. ALMOST THERE To a bowl, add the harissa and loosen with a splash of water until drizzling consistency. To a separate bowl, add the barley, roasted veg, and seasoning.

5. AMAZING! Plate up the harissa barley, and top with the pork. Drizzle over the loosened harissa and garnish with the mint.