



UCCOOK

Pearl Barley Pilaf & Beef Strips

with balsamic baby tomatoes & fresh mint

Pearled barley is loaded with golden button mushrooms, NOMU Italian Rub-spiced beef strips, kale & spring onion. Served with balsamic baby tomatoes and refreshing mint. You'll be saying 'yum' between every mouthful, Chef!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

***New Calorie Conscious**

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Ingredients & Prep

125ml	Pearled Barley <i>rinse</i>
240g	Baby Tomatoes <i>rinse & cut in half</i>
30ml	Balsamic Vinegar
450g	Beef Strips
15ml	NOMU Italian Rub
375g	Button Mushrooms <i>wipe clean & roughly slice</i>
300g	Kale <i>rinse & roughly shred</i>
2	Spring Onions <i>rinse, trim & finely slice</i>
8g	Fresh Mint <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. BARLEY Place the pearled barley in a pot with 600ml 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.

2. BALSAMIC TOMATOES In a bowl, place the halved tomatoes, and the balsamic vinegar, toss to combine, season, and set aside in the fridge.

3. BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the beef dry with paper towel, roughly slice the strips into chunks, coat with the NOMU rub, and season. When hot, fry the beef until browned, 30-60 seconds (shifting occasionally). You may need to do this step in batches. Remove from the pan and set aside, leaving any remaining pan juices in the pan.

4. ALL TOGETHER Return the pan to medium-high heat with a drizzle of oil if necessary. When hot, fry the sliced mushrooms, and the shredded kale until turning golden, 10-12 minutes (shifting occasionally). In the final 2-3 minutes, mix in the cooked pearled barley, the sliced spring onion, and the beef. Remove from the heat and season.

5. TIME TO EAT Bowl up the loaded barley, and scatter over the balsamic tomatoes. Garnish with the mint leaves and dig in, Chef!

Nutritional Information

Per 100g

Energy	343kj
Energy	82kcal
Protein	9g
Carbs	8g
of which sugars	1g
Fibre	3g
Fat	1.3g
of which saturated	0.3g
Sodium	69.3mg

Allergens

Gluten, Allium, Wheat, Sulphites

Eat
Within
3 Days