



# UCCOOK

## Hearty Wild Mushrooms & Barley

**with roasted baby onions & sun-dried tomatoes**

Pearled barley is a hardworking grain and it just loves to entertain a crowd. Mix it with hearty wild mushrooms, sun-dried tomatoes, and edamame beans and you're sure to be impressed. This veggie-packed, flavourful and hearty salad will leave you feeling healthy and nourished from the inside out.

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Deon Huysamer

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 Vegetarian

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 Anthonij Rupert | L'Ormarins Brut Rosè  
Vintage

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## Ingredients & Prep

6	Baby Onions
225ml	Pearled Barley <i>rinsed</i>
45ml	Vegetable Stock
60g	Spinach <i>rinsed</i>
150g	Edamame Beans
30g	Sunflower Seeds
375g	Wild Mushrooms <i>wiped clean &amp; sliced</i>
360g	Carrot <i>peeled, trimmed &amp; diced</i>
150g	Sun-dried Tomatoes <i>drained &amp; chopped</i>
60ml	Balsamic Vinegar
12g	Fresh Mint <i>rinsed, picked &amp; finely sliced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Tinfoil  
Butter (optional)

**1. APEELING ONIONS!** Preheat the oven to 200°C. Peel the baby onions and halve lengthways — but don't remove the tip that keeps the layers joined together. Place on a roasting tray, coat in oil, and season. Spread out evenly, turn cut-side down, and cover with tinfoil. Roast in the hot oven for 20-25 minutes until soft. On completion, remove the tinfoil and turn the onions cut-side up. Return to the oven for a further 10 minutes until caramelised.

**2. BARLEY AL DENTE** Place the pearl barley in a pot with the stock and 750ml of water and bring to a boil. Once boiling, reduce the heat and allow to simmer for 25-30 minutes, stirring occasionally. If it starts to dry out, add more water in small increments to continue cooking. On completion, the grain should be al dente. Drain if necessary and mix through the rinsed spinach and edamame beans until the spinach is wilted. Set aside with the lid on to keep warm.

**3. TOASTY SEEDS!** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

**4. MUSHY MIX & BALSAMIC DRESSING** Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms and diced carrot for 5-6 minutes until soft and golden, shifting as they colour. Add the chopped sun-dried tomatoes and fry for 1-2 minutes. Remove from the pan, season to taste, and set aside. In a small bowl, combine the balsamic vinegar with 45ml of oil. Whisk to emulsify and season to taste.

**5. ASSEMBLE THE BARLEY!** Place the cooked barley jumble in a bowl, stir through the mushrooms, carrot and sun-dried tomatoes mix, and season to taste.

**6. HEARTY WILD MUSHY FEAST!** Dish up the wild mushroom barley salad. Scatter over the roasted caramelised baby onions, drizzle with the balsamic dressing, and garnish with toasted sunflower seeds and chopped mint leaves. Bon appétit, Chef!



## Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. This typically refers to pasta but also applies to other grains, as well as a range of veg.

## Nutritional Information

Per 100g

Energy	573kJ
Energy	137Kcal
Protein	5.8g
Carbs	24g
of which sugars	6.1g
Fibre	5.9g
Fat	3g
of which saturated	0.3g
Sodium	398mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 3  
Days