



# UCCOOK

## Chimichurri & Barley Bowl

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 chimichurri yoghurt drizzle, and garnished with fresh basil & toasted pecan nuts. Simply stunning!

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Elaina Rose

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Veggie

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## Ingredients & Prep

100ml	Pearled Barley <i>rinse</i>
10g	Pecan Nuts <i>roughly chop</i>
1	Onion <i>peel &amp; finely slice ½</i>
20ml	Coconut Yoghurt
30ml	Pesto Princess Chimichurri Sauce
1	Lemon <i>rinse, zest &amp; cut ¼ into wedges</i>
80g	Baby Tomatoes <i>rinse</i>
15ml	Balsamic Vinegar
20g	Spinach <i>rinse &amp; roughly shred</i>
40g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
3g	Fresh Basil <i>rinse, pick &amp; roughly tear</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 400ml 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, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

**4. ZESTY PESTO CREAMY DRIZZLE** In a bowl, combine the coconut yoghurt with the chimichurri, 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, 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 shredded 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 1 lemon wedge.

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

## Nutritional Information

Per 100g

Energy	454kJ
Energy	109kcal
Protein	2.6g
Carbs	18g
of which sugars	4.1g
Fibre	4.1g
Fat	3.4g
of which saturated	0.5g
Sodium	92mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Eat  
Within  
4 Days