



UCCOOK

Barley Buddha Bowl

with dried apricots, pecan nuts & a coconut yoghurt dressing

Indulge in the unique flavour and texture of barley, topped with a gorgeous roast: butternut and butter beans spiced with a herby rub and molasses-coated beetroot. All bejewelled with crunchy pecan nuts, fresh mint, and dried apricots.


Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Samantha Finnegan

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

225ml	Pearled Barley
750g	Butternut <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
450g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
45ml	Pomegranate Molasses
180g	Butter Beans <i>drained & rinsed</i>
15ml	NOMU One For All Rub
45g	Pecan Nuts
150ml	Coconut Yoghurt
60g	Green Leaves <i>rinsed</i>
8g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
60g	Dried Apricots <i>roughly chopped</i>

From Your Kitchen

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

1. BOUNCY BARELY Place the pearl barley in a pot with 1,1L of salted water. Bring to the boil. Once boiling, reduce the heat. Allow to simmer for 40-45 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the grain should be al dente. Drain if necessary and season.

2. VEGGIE ROAST Place the butternut chunks on a roasting tray and the beetroot chunks on another tray with $\frac{3}{4}$ of the pomegranate molasses. Coat the veg in oil and seasoning. Spread out evenly and roast in the hot oven for 35-40 minutes. Place the drained butter beans in a bowl. Coat in oil, the One For All Rub, and some seasoning. Set aside.

3. HALFWAY! When the veg reaches the halfway mark, remove from the oven and give it a shift. Scatter the dressed beans over the butternut tray and spread out in a single layer. Return both trays to the oven for the remaining cooking time. On completion, the beans should be crispy and the veg should be cooked through and caramelised.

4. TOAST THE PECANS Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

5. MINTY YOGHURT DRESSING Place the coconut yoghurt in a bowl. Mix in 2 tbsp of olive oil, seasoning, and the remaining pomegranate molasses to taste. Toss the rinsed green leaves with a drizzle of olive oil and some seasoning.

6. GRAB A BOWL! Make a base of steamy pearled barley and cover in the roast veggies and sweet beets. Top with the dressed leaves and drizzle over the dairy-free dressing. Garnish with the toasted pecans, mint, and chopped, dried apricots. Have a seat, Chef!

Nutritional Information

Per 100g

Energy	473kJ
Energy	113Kcal
Protein	2.9g
Carbs	19g
of which sugars	4.5g
Fibre	4.3g
Fat	2.3g
of which saturated	0.4g
Sodium	86mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within
4 Days