



# UCOOK

## Barley & Roast Veg Dinner

with feta, harissa dressing & fresh oregano

With the slightly sweet & tangy flavours of the North African red chilli paste, called harissa, this loaded roasted vegetable barley is packed full of wonderful, satisfying tastes. Finished with a scattering of feta crumbles, toasted sunflower seeds & fresh oregano. You'll barley be able to just have one serving!

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People


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**Chef:** Morgan Offen

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 Veggie

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 Creation Wines | Creation Sauvignon Blanc/Semillon

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## Ingredients & Prep

225ml	Pearled Barley
750g	Butternut Chunks <i>cut into small bite-sized pieces</i>
600g	Beetroot Chunks <i>cut into small bite-sized pieces</i>
2	Red Onions <i>1½ peeled &amp; sliced into wedges</i>
300g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
2	Green Bell Peppers <i>1½ rinsed, deseeded &amp; sliced</i>
45ml	NOMU Italian Rub
90ml	Harissa Dressing <i>(45ml Pesto Princess Harissa Paste, 30ml Lemon Juice &amp; 15ml Low Sodium Soy Sauce)</i>
30g	Sunflower Seeds
120g	Danish-style Feta <i>drained</i>
12g	Fresh Oregano <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. GET THE BARLEY BUBBLING** Preheat the oven to 200°C. Place the pearl barley in a pot with 1.2L 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. NOSH ON SOME NUTRIENTS** Place the butternut & beetroot pieces, the onion wedges, the baby marrow chunks, and the sliced green pepper on a large roasting tray, coat in oil, the rub, and some seasoning. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway). In the final 5 minutes, toss through the harissa dressing.

**3. WHILE YOU WAIT...** Place the sunflower seeds in a pan over a medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. A WINNING COMBO** Add the roasted veg and some seasoning to the pot with the cooked barley. Mix to combine.

**5. LOOK AT YOU, CHEF!** Dish up a generous portion of the loaded barley, scatter over the drained feta and sunflower seeds, and garnish with the picked oregano. Time to dig in!

## Nutritional Information

Per 100g

Energy	344kJ
Energy	82kcal
Protein	3g
Carbs	12g
of which sugars	2.4g
Fibre	3g
Fat	2.3g
of which saturated	0.9g
Sodium	175mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Soy

Cook  
within 3  
Days