



# 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!

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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:** Kate Gomba

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**\*New Calorie Conscious**

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## Ingredients & Prep

|      |   |
|------|---|
| 40ml | Pearled Barley<br><i>rinse</i>                            |
| 80g  | Baby Tomatoes<br><i>rinse &amp; cut in half</i>           |
| 10ml | Balsamic Vinegar  |
| 150g | Beef Strips   |
| 5ml  | NOMU Italian Rub  |
| 125g | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i> |
| 100g | Kale<br><i>rinse &amp; roughly shred</i>                  |
| 1    | Spring Onion<br><i>rinse, trim &amp; finely slice</i>     |
| 3g   | Fresh Mint<br><i>rinse, pick &amp; 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 200ml 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). 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, 8-10 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