



U C O O K

— COOKING MADE EASY

Neill Anthony's Tom Yum Bliss Bowl

with charred baby marrow, pickled peppers & a creamy coconut dressing

Enchant your senses with a fusion creation from Cape Town's very own foodie treasure, Neill Anthony! A radiant bowl of subtly spiced, charred veggies and bouncy barley salad, soaked in a luscious dressing of coconut milk and vegan tom yum paste. Out of this world!

Hands-On Time: 50 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Neill Anthony

 **Vegetarian**

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



Ingredients & Prep

400ml	Pearled Barley
20ml	Vegetable Stock
3	Star Anise
480g	Carrot <i>peeled, trimmed & sliced in half lengthways</i>
400ml	Coconut Milk
60ml	Sepial's Vegan Tom Yum Paste
800g	Baby Marrow <i>rinsed, trimmed & sliced in half lengthways</i>
160g	Pickled Bell Peppers <i>drained & roughly chopped</i>
10g	Fresh Basil <i>rinsed & roughly chopped</i>
2	Baby Gem Lettuce Head
2	Lime <i>cut into wedges</i>
80ml	Crispy Onions

From Your Kitchen

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

1. A BOUNTY OF BARLEY Rinse the barley and place in a pot with the stock and 1,4L of water. Give it a stir, pop on a lid, and place over a medium heat. Once boiling, reduce the heat and simmer for 40-45 minutes. Stir occasionally as the water is absorbed and only add more if it starts to dry out. On completion, it should be cooked al dente.

2. PARBOIL THE CARROTS Boil the kettle. Place a pot over a high heat, fill with boiling water, and add in the star anise. Once bubbling rapidly, pop in the halved carrots and cook for 10-15 minutes until slightly softened but still al dente.

3. TOM YUM DRESSING In a bowl, whisk together the coconut milk and the tom yum paste until well combined. Season to taste and set aside for serving.

4. CHARGRILL THE VEGGIES When the carrots are cooked, drain and return to the pot, discarding the star anise. Add in the sliced baby marrow and toss through a drizzle of oil and some seasoning. When the barley has 10 minutes remaining, place a large pan (use a grill pan if you have one!) over a high heat. When hot, fry the carrot and marrow cut-side down for 4-5 minutes until gorgeously charred but still crunchy. You will need to do this step in batches or use a second pan. Remove from the heat on completion.

5. FRESH & FLAVOURFUL When the barley is cooked, drain if necessary and place in a bowl with the chopped pickled peppers and three-quarters of the chopped basil. Add a drizzle of oil, toss to combine, and set aside for serving. Trim the base off the heads of lettuce and peel off the leaves. Rinse well, dry, and place in a bowl. Toss through a drizzle of oil, a squeeze of lime, and some seasoning.

6. TOM YUM, YUM! Bowl the delicious barley salad and top with the charred veggies. Scatter over the lettuce leaves, the crispy onions, and the remaining basil. Generously drizzle over the tom yum dressing and serve with a lime wedge on the side. Time to devour!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. In the case of your carrots, they should still have a slight snap to them once cooked.

Nutritional Information

Per 100g

Energy	390kJ
Energy	93Kcal
Protein	2.2g
Carbs	15g
of which sugars	2.2g
Fibre	3.5g
Fat	3.3g
of which saturated	2g
Sodium	180mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days