



UCCOOK

Winter Beef & Barley Soup

with leeks & baby marrow

Hands-on Time: 45 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	363kj	1967kj
Energy	87kcal	470kcal
Protein	8.3g	45.1g
Carbs	12g	63g
of which sugars	2g	13g
Fibre	2g	13g
Fat	0.9g	4.9g
of which saturated	0.3g	1.7g
Sodium	65.4mg	354.6mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

450g	600g	Beef Strips
300g	400g	Baby Marrow <i>rinse, trim & roughly dice</i>
300g	400g	Leeks <i>trim at the base</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into 1cm rounds</i>
8g	10g	Fresh Thyme <i>rinse</i>
3	4	Celery Stalks <i>rinse & roughly chop</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	Stock Mix <i>(22,5ml [30ml] Beef Stock & 7,5ml [10ml] NOMU Roast Rub)</i>
120ml	160ml	Pearled Barley <i>rinse</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. BEEF Place a pot over high heat and lightly add cooking spray. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and roughly chop.

2. BABY MARROW Return the pot to medium heat. Cook the baby marrows until golden, 5-6 minutes (shifting occasionally). Remove from the pot.

3. SOUP Cut the leeks in half lengthways, rinse thoroughly, and cut into thin rounds. Return the pot to medium-high heat and lightly add cooking spray. Fry the leeks, the carrots, the thyme sprigs, and the celery until lightly golden, 6-8 minutes (shifting occasionally). Add the garlic and fry until fragrant, 30-60 seconds. Mix in the stock mix, the barley, the beef, and 1.5L [2L] of water. Simmer until the barley is cooked through, 30-35 minutes. Remove from the heat and discard the thyme sprigs and season.

4. DINNER IS READY Bowl up the soup and garnish with the chilli (to taste) and top with the charred baby marrow. Get warm, Chef!