



UCOOK

Barley, Bacon & Bean Soup

with lemon, pesto & Italian-style hard cheese

A warm and nourishing dinner; hearty pearled barley soup, thickened with coconut milk and swirled with bright green pesto, is topped with Italian-style hard cheese, bacon, fresh lemon juice and chilli flakes. A bowl of happiness in your hands!


Hands-On Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Thea Richter

 Fan Faves

 Robertson Winery | Extra Light Merlot

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Ingredients & Prep

2	Onions <i>peeled & roughly diced</i>
4	Garlic Cloves <i>peeled & grated</i>
20ml	Dried Chilli Flakes
40ml	Vegetable Stock
400ml	Pearled Barley
12 strips	Streaky Pork Bacon
200g	Kale <i>rinsed & roughly shredded</i>
240g	Cannellini Beans <i>drained & rinsed</i>
400ml	Coconut Milk
2	Lemons <i>zested & cut into wedges</i>
200g	Italian-style Hard Cheese <i>grated</i>
60ml	Rocket Pesto

From Your Kitchen

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

1. A SOUPER START Boil the kettle. Place a large pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the grated garlic, ½ the chilli flakes (to taste), and the stock. Fry for 1-2 minutes, until fragrant, shifting constantly. Add the pearled barley and mix until fully combined. Pour in 1.5L of boiling water. Leave to simmer for 35-40 minutes, stirring occasionally. Add an extra splash of boiling water if necessary.

2. DON'T GO BACON MY HEART Place a pan over a medium-high heat with a small drizzle of oil. When hot, fry the bacon for 2 minutes per side until golden and crispy. Remove from the pan and drain on some paper towel. Roughly chop when cool enough to handle.

3. BEANS & KALE When the barley has 10 minutes remaining, add the rinsed kale and the drained beans to the pot. Mix until fully combined and leave to simmer for the remaining time. On completion, the barley should be al dente, and the kale should be wilted. Do not drain any remaining liquid.

4. FINISHING TOUCHES When the barley soup is done, stir through the coconut milk, the lemon zest, a squeeze of lemon juice, and seasoning. Add an extra splash of boiling water if the soup is too thick for your liking.

5. SOUP IS SERVED! Bowl up a generous helping of the barley soup. Sprinkle over the grated cheese, the bacon pieces, and the remaining chilli flakes (to taste). Drizzle over the pesto and serve with any remaining lemon wedges on the side. Dive in, Chef!

Nutritional Information

Per 100g

Energy	1265kJ
Energy	302Kcal
Protein	14.6g
Carbs	12g
of which sugars	1.3g
Fibre	2.6g
Fat	22g
of which saturated	8.8g
Sodium	22mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days