



UCOOK

Chorizo & Rosemary Barley

with a flavourful tomato sauce

Let's say goodbye to rice and give a warm welcome to barley, a nutty-tasting, nutritious whole grain that's high in fibre and even higher in taste. Topped with golden rounds of salty chorizo, we make this grain shine with a rosemary-infused tomato sauce. You will barley be able to believe how good this is, Chef!


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Suné van Zyl

Simple & Save

 Stettyn Wines | Stettyn Family Range Pinotage 2021

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Ingredients & Prep

100g	Sliced Pork Chorizo <i>roughly chop</i>
1	Onion <i>peel & finely dice</i>
1	Garlic Clove <i>peel & grate</i>
5g	Fresh Rosemary <i>rinse & finely chop</i>
150ml	Pearled Barley <i>rinse</i>
200g	Cooked Chopped Tomato
10ml	Chicken Stock

From Your Kitchen

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

1. GOLDEN CHORIZO Place a pot over medium heat with a drizzle of oil. When hot, fry the chopped chorizo until golden, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

2. FLAVOURFUL BARLEY Return the pot to medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onion until softening, 3-4 minutes (shifting occasionally). Add the grated garlic, ½ the chopped rosemary, and the rinsed barley. Fry until fragrant, 1-2 minutes (shifting occasionally).

3. MAKE IT DELICIOUS Pour in the cooked chopped tomato, the stock, and 700ml of water. Bring to a boil, reduce the heat, and simmer until the barley is cooked through, 25-30 minutes (stirring occasionally as the water is absorbed and adding more only if required). Remove from the heat and season.

4. SIMPLE & SIMPLY FANTASTIC Generously pile up the herby barley and top with the fried chorizo. Sprinkle over the remaining rosemary. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	691kJ
Energy	165kcal
Protein	7.8g
Carbs	24g
of which sugars	2.7g
Fibre	4.5g
Fat	4.4g
of which saturated	1.5g
Sodium	422mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol, Cow's Milk

Eat
Within
4 Days