



UCCOOK

Barley, Blistered Tomatoes & Pesto

with balsamic vinegar & pecan nuts

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Elaina Rose

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	633kJ	3201kJ
Energy	151kcal	766kcal
Protein	3.8g	19g
Carbs	20g	104g
of which sugars	4.1g	21g
Fibre	4.6g	23.1g
Fat	7.7g	38.7g
of which saturated	1.5g	7.8g
Sodium	88mg	445mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat,
Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Pearled Barley <i>rinse</i>
10g	20g	Pecan Nuts <i>roughly chop</i>
1	1	Onion <i>peel & finely slice ½ [1]</i>
40g	80g	Kale <i>rinse & roughly shred</i>
30ml	60ml	Sour Cream
40ml	80ml	Pesto Princess Basil Pesto
10ml	20ml	Lemon Juice
80g	160g	Baby Tomatoes <i>rinse</i>
15ml	30ml	Balsamic Vinegar
40g	80g	Sun-dried Tomatoes <i>roughly chop</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Butter (optional)

1. BOIL THE BARLEY Place the pearled barley in a pot with 400ml [800ml] 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. GOLDEN PECANS Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CARAMELISED ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). In the final 2-3 minutes, add the kale until wilted. Remove from the pan, season, and cover.

4. ZESTY PESTO DRIZZLE In a bowl, combine the sour cream with the pesto, ½ the lemon juice (to taste) and seasoning. Add water in 5ml increments until drizzling consistency. Set aside.

5. BLISTERING BALSAMIC BABY TOMATOES Return the pan to medium heat with a drizzle of oil. When hot, char the baby tomatoes until blistered, 3-4 minutes. In the final 1-2 minutes, add the balsamic vinegar and seasoning. Remove from the pan and set aside.

6. LOADED BARLEY Toss the sun-dried tomatoes through the barley along with ½ the basil, ½ the nuts, onions, kale, and the remaining lemon juice.

7. GRUB'S UP! Pile up the loaded barley salad and top with the balsamic blistered baby tomatoes. Drizzle over the creamy pesto. Garnish with the remaining basil and nuts. Wow, Chef!