



# 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!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Fan Faves

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 Robertson Winery | Extra Light Merlot

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## Ingredients & Prep

1	Onion <i>½ peeled &amp; roughly diced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Dried Chilli Flakes
10ml	Vegetable Stock
100ml	Pearled Barley
3 strips	Streaky Pork Bacon
50g	Kale <i>rinsed &amp; roughly shredded</i>
60g	Cannellini Beans <i>drained &amp; rinsed</i>
100ml	Coconut Milk
1	Lemon <i>½ zested &amp; cut into wedges</i>
50g	Italian-style Hard Cheese <i>grated</i>
15ml	Rocket Pesto

## From Your Kitchen

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

**1. A SOUPER START** Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil. When hot, add the diced onion and fry for 3-4 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 400ml of boiling water. Leave to simmer for 30-35 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