



UCCOOK

Chimichurri & Barley Bowl

with balsamic vinegar & pecan nuts

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Elaina Rose

Wine Pairing: Strandveld | First Sighting Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	586kJ	2961kJ
Energy	140kcal	708kcal
Protein	3.1g	15.5g
Carbs	21g	105g
of which sugars	4.7g	23.5g
Fibre	4.5g	22.5g
Fat	4.9g	24.9g
of which saturated	0.6g	3.3g
Sodium	143mg	722mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

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>
20ml	40ml	ButtaNutt Coconut Yoghurt
40ml	80ml	Pesto Princess Chimichurri Sauce
15ml	30ml	Lemon Juice
100g	200g	Baby Tomatoes <i>rinse</i>
15ml	30ml	Balsamic Vinegar
20g	40g	Spinach <i>rinse & roughly shred</i>
40g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Butter (optional)
Seasoning (salt & pepper)

1. BOIL THE BARLEY Place the pearled barley in a pot with 400ml [800ml] of salted water. Cover 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). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

4. ZESTY PESTO CREAMY DRIZZLE In a bowl, combine the coconut yoghurt with the chimichurri, 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. 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 spinach through the barley along with the sun-dried tomatoes, ½ the parsley, ½ the nuts and the caramelised onions.

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