



UCOOK

Pomegranate & Pearled Barley Salad

with celery & roasted potato

A pearled barley salad loaded with crispy lentils, roasted potato, cucumber, tomato, celery, and onion, tossed in a balsamic dressing. Finished off with lashings of cashew nut yoghurt, and garnished with fresh mint & pomegranate gems. Simply stunning!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha du Toit

 Veggie

 Groote Post Winery | Groote Post Chenin Blanc 2022

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Ingredients & Prep

200g	Potato <i>rinsed & cut into bite-sized pieces</i>
75ml	Pearled Barley <i>rinsed</i>
120g	Tinned Lentils <i>drained & rinsed</i>
1	Onion <i>¼ peeled & finely sliced</i>
20ml	Balsamic Reduction
50g	Cucumber <i>rinsed & cut into half-moons</i>
1	Plum Tomato <i>rinsed & roughly diced</i>
1	Celery Stalk <i>rinsed & roughly sliced</i>
30ml	Cashew Nut Yoghurt
3g	Fresh Mint <i>rinsed, picked & finely chopped</i>
20g	Pomegranate Gems

From Your Kitchen

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

1. ROASTED SWEET POTATOES Preheat the oven to 200°C. Spread the potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. BEGIN THE BARLEY Place the rinsed pearled barley in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 30-35 minutes (stirring occasionally). Drain.

3. CRISPY LENTILS Spread the drained lentils on a separate roasting tray, coat in oil, and season. Roast in the hot oven until golden and crispy, 12-15 minutes.

4. FRY THE ONIONS Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally).

5. LOADED SALAD In a salad bowl, combine the balsamic reduction with 15ml of olive oil and seasoning. Toss through the pearled barley, the crispy lentils, the roasted potato, the cucumber half-moons, the diced tomato, the sliced celery, and the golden onion.

6. CREAMY DRIZZLE In a small bowl, loosen the cashew nut yoghurt with water in 5ml increments until drizzling consistency.

7. WHAT A BEAUT! Bowl up the pearled barley salad. Drizzle over the loosened cashew nut yoghurt. Garnish with the chopped mint. Top with the pomegranate gems. Tuck in, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato pieces in oil, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	423kJ
Energy	101kcal
Protein	3.5g
Carbs	20g
of which sugars	4.7g
Fibre	4.5g
Fat	0.8g
of which saturated	0.2g
Sodium	28mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days