

UCCOOK

Barley, Blistered Tomatoes & Pesto

with balsamic vinegar & pecan nuts

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Elaina Rose

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	585kJ	2793kJ
Energy	140kcal	668kcal
Protein	3.4g	16.3g
Carbs	22g	104g
of which sugars	4.5g	21.4g
Fibre	4.6g	22.1g
Fat	5.8g	27.5g
of which saturated	0.8g	3.6g
Sodium	92mg	440mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Pesto Princess Basil Pesto
10ml	20ml	Lemon Juice
1	1	Onion <i>peel & finely slice ½ [1]</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>
3g	5g	Fresh Basil <i>rinse, pick & roughly tear</i>
10g	20g	Pecan Nuts <i>roughly chop</i>
100ml	200ml	Pearled Barley <i>rinse</i>
80g	160g	Baby Tomatoes <i>rinse</i>
20ml	40ml	ButtaNutt Coconut Yoghurt
15ml	30ml	Balsamic Vinegar
40g	80g	Sun-dried Tomatoes <i>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 DRIZZLE In a bowl, combine the coconut yoghurt 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 green leaves through the barley along with the sun-dried tomatoes, ½ the basil, ½ the nuts, caramelised onions, 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 pesto yoghurt. Garnish with the remaining basil and nuts. Wow, Chef!