

UCOOK

Barley & Roast Veg Dinner

with feta, harissa dressing & fresh oregano

With the slightly sweet & tangy flavours of the North African red chilli paste, called harissa, this loaded roasted vegetable barley is packed full of wonderful, satisfying tastes. Finished with a scattering of feta crumbles, toasted sunflower seeds & fresh oregano. You'll barley be able to just have one serving!


Hands-on Time: 10 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Morgan Offen

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

75ml	Pearled Barley
250g	Butternut Chunks <i>cut into small bite-sized pieces</i>
200g	Beetroot Chunks <i>cut into small bite-sized pieces</i>
1	Red Onion <i>½ peeled & sliced into wedges</i>
100g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & sliced</i>
15ml	NOMU Italian Rub
30ml	Harissa Dressing <i>(15ml Pesto Princess Harissa Paste, 10ml Lemon Juice & 5ml Low Sodium Soy Sauce)</i>
10g	Sunflower Seeds
40g	Danish-style Feta <i>drained</i>
4g	Fresh Oregano <i>rinsed & picked</i>

From Your Kitchen

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

1. GET THE BARLEY BUBBLING Preheat the oven to 200°C. Place the pearl 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, 25-30 minutes (stirring occasionally). Drain and cover.

2. NOSH ON SOME NUTRIENTS Place the butternut & beetroot pieces, the onion wedges, the baby marrow chunks, and the sliced green pepper on a large roasting tray, coat in oil, the rub, and some seasoning. Roast in the hot oven until cooked through and crisping up, 25-30 minutes (shifting halfway). In the final 5 minutes, toss through the harissa dressing.

3. WHILE YOU WAIT... Place the sunflower seeds in a pan over a medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. A WINNING COMBO Add the roasted veg and some seasoning to the pot with the cooked barley. Mix to combine.

5. LOOK AT YOU, CHEF! Dish up a generous portion of the loaded barley, scatter over the drained feta and sunflower seeds, and garnish with the picked oregano. Time to dig in!

Nutritional Information

Per 100g

Energy	344kJ
Energy	82kcal
Protein	3g
Carbs	12g
of which sugars	2.4g
Fibre	3g
Fat	2.3g
of which saturated	0.9g
Sodium	175mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 3
Days