



# UCCOOK

## Barley Buddha Bowl

**with dried apricots, pecan nuts & a coconut yoghurt dressing**

Indulge in the unique flavour and texture of barley, topped with a gorgeous roast: butternut and butter beans spiced with a herby rub and molasses-coated beetroot. All bejewelled with crunchy pecan nuts, fresh mint, and dried apricots.

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**Hands-On Time:** 15 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Samantha Finnegan

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 Vegetarian

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 Haute Cabrière | Chardonnay Unwooded

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## Ingredients & Prep

75ml	Pearled Barley
250g	Butternut <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
150g	Beetroot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
15ml	Pomegranate Molasses
60g	Butter Beans <i>drained &amp; rinsed</i>
5ml	NOMU One For All Rub
15g	Pecan Nuts
50ml	Coconut Yoghurt
20g	Green Leaves <i>rinsed</i>
3g	Fresh Mint <i>rinsed, picked &amp; roughly sliced</i>
20g	Dried Apricots <i>roughly chopped</i>

## From Your Kitchen

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

**1. BOUNCY BARELY** Place the pearl barley in a pot with 350ml of salted water. Bring to the boil. Once boiling, reduce the heat. Allow to simmer for 30-35 minutes, stirring occasionally as the water is absorbed and adding more only if required. On completion, the grain should be al dente. Drain if necessary and season.

**2. VEGGIE ROAST** Place the butternut chunks on one side of a roasting tray and the beetroot chunks on the other half with  $\frac{3}{4}$  of the pomegranate molasses. Coat the veg in oil and seasoning. Spread out evenly and roast in the hot oven for 30-35 minutes. Place the drained butter beans in a bowl. Coat in oil, the One For All Rub, and some seasoning. Set aside.

**3. HALFWAY!** When the veg reaches the halfway mark, remove from the oven and give it a shift. Scatter over the dressed beans, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the beans should be crispy and the veg should be cooked through and caramelised.

**4. TOAST THE PECANS** Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**5. MINTY YOGHURT DRESSING** Place the coconut yoghurt in a bowl. Mix in 2 tsp of olive oil, seasoning, and the remaining pomegranate molasses to taste. Toss the rinsed green leaves with a drizzle of olive oil and some seasoning.

**6. GRAB A BOWL!** Make a base of steamy pearled barley and cover in the roast veggies and sweet beets. Top with the dressed leaves and drizzle over the dairy-free dressing. Garnish with the toasted pecans, mint, and chopped, dried apricots. Have a seat, Chef!

## Nutritional Information

Per 100g

Energy	473kJ
Energy	113Kcal
Protein	2.9g
Carbs	19g
of which sugars	4.5g
Fibre	4.3g
Fat	2.3g
of which saturated	0.4g
Sodium	86mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within  
4 Days