



# UCOOK

## Wild Mushroom Barley

**with roasted baby onions & sun-dried tomatoes**

Pearled barley is a hardworking grain and it just loves to entertain a crowd. Mix it with hearty wild mushrooms, sun-dried tomatoes, and edamame beans and you're sure to be impressed. This veggie-packed, flavourful and hearty salad will leave you feeling healthy and nourished from the inside out.

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**Hands-On Time:** 40 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Deon Huysamer

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 Vegetarian

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 No paired wines

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## Ingredients & Prep

|       |                                                         |
|-------|---------------------------------------------------------|
| 12    | Baby Onions                                             |
| 300ml | Pearled Barley<br><i>rinsed</i>                         |
| 60ml  | Vegetable Stock                                         |
| 80g   | Spinach<br><i>rinsed</i>                                |
| 400g  | Edamame Beans<br><i>shelled</i>                         |
| 40g   | Sunflower Seeds                                         |
| 500g  | Wild Mushrooms<br><i>wiped clean &amp; sliced</i>       |
| 480g  | Carrot<br><i>peeled, trimmed &amp; diced</i>            |
| 200g  | Sun-dried Tomatoes<br><i>drained &amp; chopped</i>      |
| 80ml  | Balsamic Vinegar                                        |
| 30g   | Fresh Mint<br><i>rinsed, picked &amp; finely sliced</i> |

## From Your Kitchen

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

**1. APEELING ONIONS!** Preheat the oven to 200°C. Peel the baby onions and halve lengthways — but don't remove the tip that keeps the layers joined together. Place on a roasting tray, coat in oil, and season. Spread out evenly, turn cut-side down, and cover with tinfoil. Roast in the hot oven for 20-25 minutes until soft. On completion, remove the tinfoil and turn the onions cut-side up. Return to the oven for a further 10 minutes until caramelised.

**2. BARLEY THERE....** Place the pearl barley in a pot with the stock and 1L of water and bring to the boil. Once boiling, reduce the heat and allow to simmer for 25-30 minutes, stirring occasionally. If it starts to dry out, add more water in small increments to continue cooking. On completion, the grain should be al dente. Drain if necessary and mix through the rinsed spinach and shelled edamame beans until the spinach is wilted. Set aside with the lid on to keep warm.

**3. TOASTY SEEDS!** Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

**4. MUSHY MIX & BALSAMIC DRESSING** Place a large pan over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced mushrooms and diced carrot for 5-6 minutes until soft and golden, shifting as they colour. Add the chopped sun-dried tomatoes and fry for 1-2 minutes. Remove from the pan, season to taste, and set aside. In a small bowl, combine the balsamic vinegar with 60ml of oil. Whisk to emulsify and season to taste.

**5. ASSEMBLE THE BARLEY!** Place the cooked barley jumble in a bowl, stir through the mushrooms, carrot and sun-dried tomatoes mix, and season to taste.

**6. HEARTY WILD MUSHY FEAST!** Dish up the wild mushroom barley salad. Scatter over the roasted caramelized baby onions, drizzle with the balsamic dressing, and garnish with toasted sunflower seeds and chopped mint leaves. Bon appétit, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 540kJ   |
| Energy             | 129Kcal |
| Protein            | 5.5g    |
| Carbs              | 23g     |
| of which sugars    | 6.3g    |
| Fibre              | 5.6g    |
| Fat                | 2.8g    |
| of which saturated | 0.3g    |
| Sodium             | 310mg   |

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within  
4 Days