

# QCOOK

## Tender Barley & Pork Bowl

with beetroot & a wholegrain mustard yoghurt

**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

	Per 100g	Per Portion
Energy	348kj	1959kj
Energy	83kcal	469kcal
Protein	8.2g	46.3g
Carbs	8g	45g
of which sugars	1g	7g
Fibre	2g	13g
Fat	1.6g	8.9g
of which saturated	0.6g	3.4g
Sodium	96mg	541mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days



## Ingredients & Prep Actions:

---

Serves 3	[Serves 4]	
90ml	120ml	Pearled Barley <i>rinse</i>
600g	800g	Beetroot Chunks
240g	320g	Green Beans <i>rinse &amp; cut in half</i>
450g	600g	Pork Rump
15ml	20ml	NOMU One For All Rub
	240ml	Mustard Yoghurt <i>(150ml [200ml] Greek Yoghurt &amp; 30ml [40ml] Wholegrain Mustard)</i>
120g	160g	Salad Leaves <i>rinse &amp; shred</i>

## From Your Kitchen

---

Cooking Spray  
Seasoning (salt & pepper)  
Water  
Paper Towel

- 1. BEGIN THE BARLEY** Preheat the oven to 200°C. Place the pearled barley in a pot with 450ml [600ml] 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. UN-BEET-ABLE** Spread the beetroot on a roasting tray. Lightly coat with cooking spray or oil (optional) and seasoning. Roast in the hot oven until cooked through and lightly golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).
- 3. GO, GO GREEN BEANS** Place a pan (that has a lid) over medium-high heat. When hot, add the green beans and lightly coat with cooking spray or oil (optional). Fry until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.
- 4. NOMU-SPICED PORK** Return the pan to medium heat. Pat the pork dry with paper towel and lightly coat with cooking spray or oil (optional), and the NOMU rub. When hot, sear the pork until browned, 4-5 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.
- 5. UNIQUE SALAD** In a small bowl, loosen the mustard yoghurt with water in 5ml increments until drizzling consistency. Season and set aside. Once the barley is done, toss through the beetroot, green beans, salad leaves, and ½ the yoghurt. Season and set aside.
- 6. TIME TO DINE** Make a bed of the loaded barley and top with the pork. Drizzle over the remaining yoghurt and get ready to eat!