



UCCOOK

Sun-dried Tomato & Mushroom Barley

with roasted baby onions

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Deon Huysamer

Wine Pairing: Neethlingshof | Gewürztraminer

Nutritional Info

	Per 100g	Per Portion
Energy	369kJ	2730kJ
Energy	88kcal	653kcal
Protein	3.9g	28.7g
Carbs	19g	142g
of which sugars	5.9g	43.2g
Fibre	4.3g	31.6g
Fat	1.9g	14.1g
of which saturated	0.2g	1.5g
Sodium	240mg	1776mg

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
3	6	Baby Onions
75ml	150ml	Pearled Barley <i>rinse</i>
15ml	30ml	Vegetable Stock
20g	40g	Baby Spinach <i>rinse</i>
50g	100g	Edamame Beans
10g	20g	Sunflower Seeds
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
120g	240g	Carrot <i>peel, trim & roughly dice</i>
40g	80g	Sun-dried Tomatoes <i>roughly chop</i>
10ml	20ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

1. APEELING ONIONS! Peel the baby onions and halve lengthwise. Don't remove the tip that keeps the layers joined together. Place a pan (with a lid) over medium heat with a drizzle of oil. When hot, fry the onions cut-side down until charred, 7-8 minutes. Flip the onions and place the lid on so they can cook through, 5-6 minutes. Remove from the pan and set aside.

2. BARLEY AL DENTE Place the pearled barley in a pot with 250ml [500ml] of salted water and the stock. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain if needed, mix through the spinach and edamame beans until the leaves are wilted. Cover and set aside.

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

4. MUSHROOMS & BALSAMIC DRESSING Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms and carrot until soft and golden, 4-5 minutes (shifting as they colour). Add the sun-dried tomatoes and fry, 1-2 minutes. Remove from the pan, season and set aside. In a small bowl, combine the balsamic vinegar with 10ml [20ml] of oil and seasoning.

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

6. HEARTY MUSHROOM FEAST! Dish up the mushroom barley salad. Scatter over the caramelised baby onions, drizzle with the balsamic dressing, and garnish with sunflower seeds. Bon appétit, Chef!