



### Product Spotlight: Pearl Barley

Pearl barley is incredibly versatile and can be used for breakfast, lunch, dinner — and even dessert! Don't believe us? Google it!



## 2 Fish Parcels with Lemon Pearl Barley

Fresh WA fish fillets, wholesome seasonal greens and tangy lemon pearl barley. In other words? A delicious dinner that's not just good for the taste buds, but also for your health!

 30 minutes

 2 servings

 Fish

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## *Skip the parcels*

*Instead of making individual parcels, make the meal in a baking dish. Prepare veggies as in step 2. Then place in lined oven dish, top with fish, thyme and butter, and cover with baking paper, foil or a lid. Bake for 20-25 minutes or until fish is cooked through.*

## FROM YOUR BOX

PEARL BARLEY	150g
COURGETTES	2
CARROT	1
SNOW PEAS	1/2 bag (75g) *
LEMON	1
WHITE FISH FILLETS	1 packet
YELLOW CAPSICUM	1/2 *
SHALLOT	1
MINT	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter (for cooking), salt, pepper, dried thyme

## KEY UTENSILS

frypan, saucepan, oven tray, baking paper

## NOTES

Instead of slicing the veggies for the parcels, you can dice and pan-fry them. Then, mix with the pearl barley in step 5.

**No fish option – white fish fillets are replaced with diced chicken breast fillet.** Toss together with vegetables and dried thyme. Increase cooking time to 20–25 minutes.

**No gluten option – pearl barley is replaced with brown rice.** Cook as per recipe.



### 1. COOK THE PEARL BARLEY

Place barley in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender but still firm. Drain and rinse briefly.



### 2. PREPARE THE VEGGIES

Slice courgettes and carrots, trim and halve snow peas (see notes). Zest 1/2 lemon. Toss all together with **oil, salt and pepper.**



### 3. PREPARE THE PARCELS

Place 2 large sheets of baking paper on the kitchen bench and place even amounts of vegetables in the centre of each. Place fish on top and add a **pinch of thyme** and **1/2 tbsp butter/olive oil** to each parcel.



### 4. FINISH THE PARCELS

To wrap each parcel, bring the long sides of the paper together, fold over and place short sides underneath parcel to seal (scan the QR code for a demonstration). Bake for 15–20 minutes, or until the fish is cooked through.



### 5. FINISH THE PEARL BARLEY

Heat a frypan with **1 tbsp oil/butter**. Dice capsicum, slice shallot and zest 1/2 lemon, adding to pan as you go. Cook for 3 minutes, then add pearl barley. Mix well and squeeze in juice of 1/2 lemon, season to taste with **salt and pepper.**



### 6. FINISH AND PLATE

Chop mint and wedge remaining lemon. Divide pearl barley between plates, top with a fish parcel and sprinkle with mint. Serve with a lemon wedge.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

