



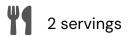


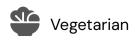
# **Gourmet Mushrooms with Burrata**

# and Toasted Grains

Garlic sautéed mixed gourmet mushrooms, served over toasted pearl barely with buttery lemon kale and burrata cheese.







# Bulk it up!

To bulk up this dish, serve with a topping of toasted seeds and nuts, or a poached or boiled egg.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

33g 22

79g

#### FROM YOUR BOX

PEARL BARLEY	100g
BROWN ONION	1
GARLIC	1 clove
MIXED GOURMET MUSHROOMS	1 packet
LEMON	1
KALE	3 leaves
KALE PARSLEY	3 leaves
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#### FROM YOUR PANTRY

oil for cooking, butter, salt, pepper, dried thyme

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

To drain well, leave to sit in sieve for a minimum of 5 minutes or press down in sieve to squeeze out excess liquid.

No gluten option - pearl barley is replaced with buckwheat. Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10-15 minutes until tender. Rinse and drain well





#### 1. COOK THE PEARL BARLEY

Place **barley** in a saucepan and cover with water. Bring to a boil and simmer for 20–25 minutes until tender. Rinse and drain well (see notes).



#### 2. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic**, trim, pull apart and slice gourmet **mushrooms** where necessary. Zest **lemon** and wedge half (reserve 1/2 for step 5). Remove **kale** from stalks and roughly chop.



#### 3. COOK THE MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Add onion and cook for 3 minutes. Add mushrooms, garlic and **2 tsp dried thyme**. Cook for 5 minutes until mushrooms are browned. Remove to a bowl and keep pan over heat for step 4.



## 4. TOAST THE BARLEY

Add 1 tsp butter and 2 tsp oil to reserved pan. Allow butter to melt. Add well drained barley to pan. Cook, stirring occasionally, for 4–6 minutes until browning begins.



## 5. ADD THE KALE

Add lemon zest and kale to pan. Toss to combine. Cook for 3 minutes to wilt kale. Squeeze in juice from 1/2 lemon. Season to taste with **salt and pepper**.



#### 6. FINISH AND SERVE

Finely chop **parsley** (including tender stems).

Divide kale and barley among shallow bowls and top with mushrooms. Add even amounts of burrata and garnish with parsley.

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



