




Product Spotlight: Burrata


Burrata translates to "battered" in Italian. The firm shell exterior, similar to traditional fresh mozzarella, opens to reveal a luscious centre of curd and fresh cream. While it doesn't compare in taste to ricotta, the centre is of similar smooth consistency.



Gourmet Mushrooms with Burrata and Toasted Grains

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

 30 minutes

 2 servings

 Vegetarian

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** 19g **TOTAL FAT** 16g **CARBOHYDRATES** 55g

FROM YOUR BOX

PEARL BARLEY	100g
BROWN ONION	1
GARLIC CLOVE	1
MIXED GOURMET MUSHROOMS	1 packet
LEMON	1
KALE	1 bunch
PARSLEY	1 packet
BURRATA	1 tub

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 brown rice. Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 20 minutes until tender. Rinse and drain well.



Scan the QR code to submit a Google review!



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 (use to taste).



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

