



### 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.



### Bulk it up!

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



30 minutes



2 servings



Vegetarian

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	22g	79g

## FROM YOUR BOX

PEARL BARLEY	100g
BROWN ONION	1
GARLIC	1 clove
MIXED GOURMET MUSHROOMS	1 packet
LEMON	1
KALE	3 leaves
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 **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.



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### 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 reserve pan.



### 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. Keep pan over heat and divide barley among bowls.



### 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.

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