



Product Spotlight: Burrata

Burrata translates to "buttered" 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	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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