



### 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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	19g	12g	44g

## FROM YOUR BOX

PEARL BARLEY	200g
BROWN ONION	1
GARLIC	2 cloves
BUTTON MUSHROOMS	300g
MIXED GOURMET MUSHROOMS	1 packet
BUTTER	1 portion
LEMON	1
KALE	6 leaves
PARSLEY	1 packet
BURRATA	1 tub

## FROM YOUR PANTRY

oil for cooking, 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).



### 4. TOAST THE BARLEY

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



### 2. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic**, slice **button mushrooms**, 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.



### 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**.



### 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 **3 tsp dried thyme**. Cook for 5 minutes until mushrooms are browned. Remove to a bowl and keep pan over heat for step 4.



### 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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