



### 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    4/6 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
4/6 Person:	14g	13g	49g

## FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL BARLEY	200g	200g + 100g
BROWN ONION	1	1
GARLIC CLOVES	2	3
BUTTON MUSHROOMS	300g	2 x 300g
MIXED GOURMET MUSHROOMS	1 packet	2 packets
BUTTER PORTION	1	2
LEMON	1	2
KALE	1 bunch	1 bunch
PARSLEY	1 packet	1 packet
BURRATA	1 tub	2 tubs

## 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 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.



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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**, 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.

6P - zest 1 lemon then cut into wedges.



### 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 **3-4 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 **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.



### 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**.

6P - squeeze in juice from 1 lemon.



### 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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