

**Product Spotlight:
Pearl Barley**

Barley is a versatile cereal grain with a nut-like flavour and chewy consistency. It is high in fibre which is good for a healthy digestive system!



Harvest Vegetables with Goats Cheese and Barley

Roast baby vegetables and crispy spiced chickpeas, tossed with a pearl barley salad dressed with orange and mint, finished with creamy garlic goats cheese.



35 minutes



2 servings



Vegetarian

Serve warm or cold!

This salad works well hot or cold! You can add some cherry tomatoes, baby spinach or roast zucchini to bulk it out. Keep the leftovers for lunch the next day.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	30g	81g

FROM YOUR BOX

PEARL BARLEY	100g
DUTCH CARROTS	1 bunch
BEETROOTS	2
SHALLOT	1
TINNED CHICKPEAS	400g
ORANGE	1
MINT	1 packet
GOATS CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar, ground coriander, cumin seeds

KEY UTENSILS

oven tray, saucepan

NOTES

You can serve on a large platter if preferred.

No gluten option – pearl barley is replaced with **brown rice**. Place rice in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.



1. COOK THE PEARL BARLEY

Set oven to 220°C.

Place **barley** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse briefly.



4. TOSS THE SALAD

Dice remaining **orange**. Roughly chop **mint** leaves. Toss with cooked **pearl barley**.



2. ROAST THE VEGETABLES

Trim and scrub **carrots** and **beetroots**. Halve any larger **carrots**. Wedge **beetroots** and **shallot**. Add to a lined oven tray with drained **chickpeas**. Toss with **1 tsp cumin seeds, 1/2 tsp coriander, oil, salt and pepper**. Roast for 20 minutes until tender.



5. FINISH AND SERVE

Arrange **pearl barley, roast vegetables, chickpeas** and spoonfuls of **goats cheese** onto plates (see notes). Spoon over dressing to taste.



3. PREPARE THE DRESSING

Whisk together **1/2 orange zest and juice** with **1 1/2 tbsp vinegar** and **1 1/2 tbsp olive oil**. Set aside.



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