



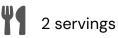


# **Harvest Vegetables**

# 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.







# Serve warm or cold

This salad is 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.

## 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.



# 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.



### 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.



# 4. TOSS THE SALAD

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



# 5. FINISH AND SERVE

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





