



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



4 servings



Vegetarian

Serve hot 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** 20g **TOTAL FAT** 17g **CARBOHYDRATES** 48g

FROM YOUR BOX

PEARL BARLEY	200g
DUTCH CARROTS	1 bunch
BEETROOTS	4
RED ONION	1
TINNED CHICKPEAS	400g
ORANGES	2
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 15–20 minutes, or until tender. Drain and rinse.



Scan the QR code to submit a Google review!



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 onion. Add to a lined oven tray with drained chickpeas. Toss with **2 tsp cumin seeds, 1 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 zest and juice from 1 orange with **2 tbsp vinegar and 2 tbsp olive oil**. Set aside.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

