



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 Persian Feta Cheese and Barley

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



35 minutes



4/6 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
4/6 Person:	14g/27g	15g/29g	35g/62g

FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL BARLEY	2 x 100g	3 x 100g
DUTCH CARROTS	1 bunch	2 bunches
BETROOTS	4	5
RED ONION	1	1
TINNED CHICKPEAS	400g	2 x 400g
ORANGES	2	3
MINT	1 packet	1 packet
PERSIAN FETA CHEESE	1 tub	2 tubs

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.



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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**. Wedge **beetroots** and **red 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.

6P – use **3 tsp cumin seeds** and **2 tsp coriander**.



5. FINISH AND SERVE

Arrange **pearl barley**, **roast vegetables**, **chickpeas** and spoonfuls of **feta 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.

6P – whisk together **zest** and **juice** from **1 1/2 oranges** with **3 tbsp vinegar** and **3 tbsp olive oil**.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

