



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!



3 Thyme Pork with Winter Veggies & Pearl Barley

Roasted winter veggies tossed with pearl barley and balsamic dressing. Served alongside thyme pork steaks and topped with soft cheese and rocket leaves to serve.

 25 minutes

 2 servings




 Pork

16 July 2021

Not a barley fan?

If you are not a fan of pearl barley, substitute barley for wholemeal pasta, or add some root veggies to the tray such as sweet potatoes, beetroot or potatoes!

FROM YOUR BOX

PEARL BARLEY	1 tub (100g)
DUTCH CARROTS	1 bunch
PEAR	1
SHALLOT	1
THYME	1 packet
PORK STEAKS 	300g
BALSAMIC DRESSING	1 sachet
ROCKET & SPINACH LEAVES	1/2 bag (60g) *
SOFT CHEESE	1 packet
 CAULIFLOWER	1/2 *
 BABA GANOOSH	1 tub

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, olive oil (Veg option only), cumin seeds or ground (Veg option only)

KEY UTENSILS


saucepan, oven tray, large grill or frypan, kettle

NOTES

Keep barley and veggies separate if the kids prefer!

No pork option – pork steaks are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.

No gluten option – pearl barley is replaced with quinoa. Cook as per recipe instructions.

 **VEG OPTION – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.**



1. COOK THE BARLEY


Set oven to 250°C and bring a kettle of water to the boil.

Place barley in a saucepan. Cover with hot water from the kettle and simmer for 15 minutes or until tender. Drain and rinse.



2. ROAST THE VEGGIES

Trim dutch carrots, wedge pear and shallot. Arrange on a lined oven tray and toss with 1/2 packet thyme, **oil and salt**. Roast for 15 minutes or until tender.

 **VEG OPTION – Cook as above, adding cauliflower florets to the tray. Season with 2 tsp cumin / cumin seeds and cook for 20–25 minutes until softened.**



3. COOK THE PORK


Heat a pan over medium–high heat. Rub pork steaks with remaining 1/2 packet thyme, **oil, salt and pepper**. Add to pan and cook for 2–3 minutes on each side or until cooked through.

 **VEG OPTION – Skip this step.**



4. TOSS BARLEY & VEGGIES


Once veggies are tender, add barley to oven tray along with balsamic dressing. Season with **salt and pepper**.

 **VEG OPTION – Prepare as above without the balsamic dressing. Instead, drizzle with olive oil.**



5. FINISH AND SERVE

Serve tossed barley & veggies with pork steaks and leaves. Crumble over cheese to serve.

 **VEG OPTION – Spread baba ganoosh over plates and top with barley veggies, fresh leaves and crumbled cheese.**

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**

