

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



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



4 servings






Pork

16 July 2021

Not a barley fan?

If you are not a fan of pearl barleys, 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 (200g)
DUTCH CARROTS	1 bunch
PEARS	2
RED ONION	1
CHERRY TOMATOES	1 packet (200g)
THYME	1 packet
PORK STEAKS 	600g
BALSAMIC DRESSING	1 sachet
ROCKET LEAVES	1 bag (60g)
SOFT CHEESE	1 packet
 PUY LENTILS	1 tub (150g)
 BABA GANOOSH	2 tubs

**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

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.

 **VEG OPTION** – Cook as above, adding both lentils and barley to saucepan.



4. TOSS BARLEY & VEGGIES

Once veggies are tender, add barley to oven tray along with balsamic dressing (Keep barley and veggies separate if the kids prefer). Season with **salt and pepper**.

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



2. ROAST THE VEGGIES

Trim dutch carrots (halve any larger ones), wedge pears and red onion. Arrange on a lined oven tray with cherry tomatoes and thyme, toss with **oil, salt and pepper**. Roast for 15 minutes or until golden and tender.

 **VEG OPTION** – Cook as above, adding 1–2 tsp cumin or cumin seeds.



5. FINISH AND SERVE

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

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



3. COOK THE PORK

Heat a pan over medium-high heat. Rub pork steaks with thyme (to taste), **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.

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