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But The Chef

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Turkish Barley & Lentil Salad with Tahini

Pearl Barley really doesn't get enough love. This humble little grain has been nourishing people since Medieval times! We reckon it's about time it had its time in the spotlight. This Turkish inspired salad with cumin and tahini just gave Barley a makeover, and we think you're going to love the new look.



Prep: 10 mins

Cook: 40 mins

Total: 50 mins



level 1



Pearl Barley



Brown Onion



Garlic



Cumin



Lentils



Carrot



Diced Tomatoes



Vegetable Stock



Yoghurt



Tahini



Lemon



Rocket

2P	4P	Ingredients
100 g	200 g	pearl barley
2 tbs	4 tbs	olive oil *
1	2	brown onion, peeled & diced
1	2	garlic clove, peeled & crushed ⊕
1 tsp	2 tsp	HelloFresh cumin
1 tin	2 tins	lentils, drained & rinsed
2	4	carrots, peeled & thinly sliced
1 tin	2 tins	diced tomatoes
1 tbs	2 tbs	brown sugar *
1/2 tsp	1 tsp	vegetable stock
250 ml	500 ml	water *
1 tbs	2 tbs	tahini
1 tub	2 tubs	yoghurt
1	2	lemon, juiced ⊕
70 g	140 g	rocket, washed ⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2430	Kj
Protein	22.1	g
Fat, total	4.5	g
-saturated	0.8	g
Carbohydrate	101	g
-sugars	15.9	g

Measuretool

0 cm	1 cm	2 cm



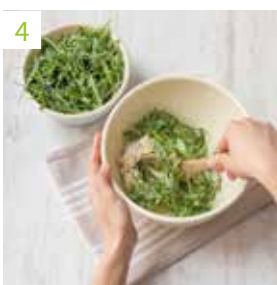
1 Bring a pot of salted water to boil and add the **barley**, leave to simmer for **30 minutes** and then drain and rinse.



2 Heat some **oil** in a pan over a medium-high heat. Add the **onion** and **garlic** to the pan and cook for **3 minutes**, add in the **cumin** and sauté for **1 minute**. Now add the **lentils**, **carrots**, **diced tomatoes**, **sugar**, and the **vegetable stock powder** along with the **water**. Bring to the boil and leave it to simmer away with vigour for **25 minutes** or until the liquid begins to evaporate and the carrots are soft. Taste and adjust seasoning throughout its journey. Remove from the heat and add in the cooked barley and stir well to combine.



3 While the lentil mixture is simmering, prepare the dressing. Simply place the **tahini**, **yoghurt**, half the **lemon juice**, and a good grind of **salt** and **pepper** into a small bowl.



4 Toss the **rocket** through the barley and lentils and then serve between plates with a good spoonful of the yoghurt and tahini dressing and a squeeze of lemon.

Did you know? Tahini is one of the best sources of calcium - many people even believe that it contains more calcium than any other food!