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## Jewelled Haloumi & Pearl Barley Salad

Aside from the seasonal produce, our favourite thing about Autumn here at HelloFresh is the colours. With that in mind, why not extend the colours of Autumn into the food you eat – they don't say eat a rainbow for nothing! Fresh pomegranate is a seasonal treat - this salad is a special one indeed.



**Prep:** 10 mins  
**Cook:** 35 mins  
**Total:** 45 mins



level 1

### Pantry Items



Olive Oil



Honey



Pearl Barley



Red Onion



Mint



Pomegranate



Roasted Almonds



Rocket



Lemon



Haloumi

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2P	4P	Ingredients
½ cup	1 cup	pearl barley, rinsed
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
1 bunch	2 bunches	mint, leaves picked & shredded
1	1	pomegranate, halved & seeds removed
¼ cup	½ cups	roasted almonds
1 bag	2 bags	rocket, washed
½	1	lemon, zested & juiced
1 tsp	2 tsp	honey *
½ block	1 block	haloumi, cut into slices

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2630	Kj
Protein	23.4	g
Fat, total	31.3	g
-saturated	10.3	g
Carbohydrate	55.2	g
-sugars	13.3	g
Sodium	682	mg



**You will need:** *chef's knife, chopping board, zester, colander, large bowl, small bowl or jug, whisk, tongs, large saucepan, and a medium frying pan.*

**1** Add the **pearl barley** to a large saucepan of salted water and bring to the boil. Cook, stirring occasionally, for **30-35 minutes** or until soft in texture but slightly chewy. Drain and place in a large bowl.

**2** Meanwhile, heat a dash of the **olive oil** in a medium frying pan. Add the **red onion** and cook stirring for **3 minutes** or until soft. Transfer to the bowl of pearl barley along with the **mint, pomegranate, roasted almonds** and **rocket**.

**3** In a small bowl or jug whisk together the remaining olive oil, **lemon zest** and **juice** and **honey**. Season with **salt** and **pepper**. Drizzle the dressing over the pearl barley salad and toss to combine.

**4** Place the same frying pan over a medium-high heat. Add the **haloumi slices** and cook for **1 minute** on each side or until golden.

**5** Divide the pearl barley salad between plates and top with haloumi slices. Enjoy!



**Did you know?** Henry the VIII's first wife, Catherine of Aragon, included a pomegranate as an emblem in the coat of arms. His second wife, Anne Boleyn, later changed this to a white dove pecking at a pomegranate.