



BALSAMIC ROASTED TOMATOES

with Marinated Fetta, Pearl Barley & Za'atar Veggies



Dress up
oven-roasted tomatoes



Pearl Barley



Roma Tomatoes



Basil



Garlic



Red Onion



Zucchini



Green Beans



Pine Nuts



Za'Atar



Marinated Fetta Cheese

Pantry Staples



Olive Oil



Balsamic Vinegar

Hands-on: **20** mins
Ready in: **35** mins

So often, the way we cook ingredients is just as important as which ingredients we choose. Take these tomatoes. When roasted with a little balsamic, their flavour is really elevated to new heights!

BEFORE YOU START

You will need: **sieve, medium saucepan, chef's knife, chopping board, garlic crusher, small bowl, oven tray lined with baking paper, medium frying pan** and **wooden spoon**. Let's start cooking the **Balsamic Roasted Tomatoes with Marinated Fetta, Pearl Barley & Za'atar Veggies**




1 COOK THE PEARL BARLEY

Preheat the oven to **200°C/180°C fan-forced**. Rinse the **pearl barley**, add to a medium saucepan of lightly salted water and bring to the boil. Cook, stirring occasionally, for **25-30 minutes**, or until soft in texture but slightly chewy. You may need to add more boiling water if it runs dry. Drain.



2 ROAST THE TOMATOES

Meanwhile, slice the **roma tomatoes** into 0.5cm thick slices, finely chop **1/2** the **basil** leaves and peel and crush the **garlic**.  In a small bowl, combined the chopped basil leaves, **1/2** the **olive oil** (use the excess from the marinated fetta if you like) and the **balsamic vinegar** and season with **salt** and **pepper**. Arrange the tomato slices on a prepared oven tray and pour over the balsamic mixture. Toss to coat, arrange in a single layer and bake for **15-20 minutes**, or until softened.

Keep this balsamic tomato recipe on hand and use it again to jazz up weekend brunches of eggs and your favourite sides.



4 COOK THE VEGGIES

Heat a medium frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside. Add the **remaining olive oil, red onion, zucchini** and **green beans**. Cook for **5 minutes**, or until softened. Add the **remaining garlic** and the **za'atar** and cook for **1 minute**, or until fragrant.



5 TOSS THE INGREDIENTS

Add the drained **pearl barley**, the toasted **pine nuts** and the **remaining basil** leaves to the pan with the za'atar veggies. Crumble in the **marinated fetta** and mix well.



3 PREP THE VEGGIES

Finely dice the **red onion** and the **zucchini**. Trim the **green beans** and cut into quarters.




6 SERVE UP

Divide the pearl barley and za'atar veggies between plates and top with the balsamic roasted tomatoes.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
pearl barley	1 packet (½ cup)	2 packets (1 cup)
roma tomatoes	2	4
basil	1 bunch	2 bunches
garlic 	2 cloves	4 cloves
<i>olive oil</i> *	2 tbs	4 tbs
<i>balsamic vinegar</i> *	2 tsp	1 tbs
red onion 	½	1
zucchini	1	2
green beans	1 packet	2 packets
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
za'atar	1 sachet (1 tbs)	2 sachets (2 tbs)
marinated fetta cheese	1 tub (100g)	2 tubs (200g)

*Pantry Items |  Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2490kJ (595Cal)	562kJ (134Cal)
Protein (g)	20.0g	4.5g
Fat, total (g)	33.5g	7.6g
- saturated (g)	10.5g	2.4g
Carbohydrate (g)	47.6g	10.7g
- sugars (g)	7.8g	1.8g
Sodium (g)	630mg	142mg

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

hello@hellofresh.com.au

2017 | WK17 | V3

 HelloFRESH