



WARM PEAR, WALNUT & BARLEY SALAD

with a Balsamic Vinaigrette



Master a quick vinaigrette like a chef!



Pearl Barley



Red Capsicum



Pear



Walnuts



Fetta Cheese



Rocket Leaves

Pantry Staples



Olive Oil



Balsamic Vinegar



Hands-on: 15 mins
Ready in: 40 mins

Gosh, we do love a bit of fruit in a salad. It's the perfect way to find a great balance of flavours – and the golden trinity of sweetness, savoury and sourness is the key to any great dish.

BEFORE YOU — START

You will need: **sieve, medium saucepan, large bowl, chef's knife, chopping board, wooden spoon, oven tray lined with aluminium foil, grill pan, tongs** and **small bowl or jar with a lid**. Let's start cooking the **Warm Pear, Walnut & Barley Salad with a Balsamic Vinaigrette**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Rinse the **pearl barley** well.



2 COOK THE PEARL BARLEY

Add the **pearl barley** to a medium saucepan of salted water and bring to the boil. Cook, stirring occasionally, for **30 minutes**, or until soft in texture but still tender to the bite. You may need to add more boiling water if the saucepan runs dry. Drain and transfer to a large bowl.



3 ROAST THE CAPSICUM

Meanwhile, cut the **red capsicum** in half and remove the white core. Place the **capsicum** skin side up on the prepared oven tray and drizzle with **1/2 the olive oil**. Roast in the oven for **20 minutes**, or until the skin starts to blister and blacken slightly. Remove the **capsicum** from the oven and carefully wrap up in the foil to trap the heat. Set aside for **10 minutes**, then peel the skin away from the flesh and slice the flesh into strips.



4 PREP THE SALAD

Meanwhile, core the **pear** and slice into 1 cm thick slices. Heat a drizzle of **olive oil** in a grill pan over a medium-high heat. Cook the **pear** slices for **4-5 minutes** on each side, or until golden and warm. Set aside. Roughly chop the walnuts. Crumble the **fetta cheese**. Add the **rocket leaves, red capsicum, pear, walnuts** and **fetta cheese** to the bowl with the pearl barley. Gently toss to combine and season to taste with **salt** and **pepper**.



5 PREPARE THE VINAIGRETTE

Combine the **balsamic vinegar, remaining olive oil** and a pinch of **salt** and **pepper** in a small bowl or jar with a lid. Stir or shake until well combined.



6 SERVE UP

Divide the salad between bowls. Top with a drizzle of the balsamic vinaigrette.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|-------------------|---------------------|----------------------|
| pearl barley | 1 packet (½ cup) | 2 packets (1 cup) |
| red capsicum | 1 | 2 |
| olive oil* | 2 tbs | 4 tbs |
| pear | 1 | 2 |
| walnuts | 1 packet (¼ cup) | 2 packets (½ cup) |
| fetta cheese | 1 block (50g) | 2 blocks (100g) |
| rocket leaves | 1 bag | 2 bags |
| balsamic vinegar* | 1 tbs | 2 tbs |

*Pantry Items | [👤 Ingredient features in another recipe](#)

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2370kJ (567Cal) | 728kJ (174Cal) |
| Protein (g) | 14.4g | 4.4g |
| Fat, total (g) | 31.6g | 9.7g |
| - saturated (g) | 7.0g | 2.2g |
| Carbohydrate (g) | 53.1g | 16.3g |
| - sugars (g) | 14.7g | 4.5g |
| Sodium (g) | 290mg | 89mg |

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

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