



# Leek & Mushroom Pearl Barley

with Thyme & Fetta



Learn how to quickly pick thyme leaves



Pearl Barley



Vegetable Stock



Leek



Button Mushrooms



Zucchini



Thyme



Garlic



Parsley



Fetta



Mixed Salad Leaves

*Pantry Staples: Olive Oil, Butter, Balsamic Vinegar*

Hands-on: **25** mins  
Ready in: **35** mins

Pearl barley is a hardworking grain, and it just loves to entertain a crowd. Mix it with sweet leek, hearty mushrooms and creamy fetta and we're sure you will be impressed.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan**, **sieve**, **wooden spoon**, **chef's knife**, **chopping board**, **garlic crusher** and a **large frying pan**.



### 1 COOK THE PEARL BARLEY

Add the **pearl barley** (**check ingredients list for amount**) to a large saucepan of lightly salted water and bring to the boil. Crumble in the **vegetable stock** cube and cook, stirring occasionally, for **25-30 minutes**, or until soft in texture but slightly chewy. Drain and return to the saucepan. **TIP:** Add more boiling water if the saucepan runs dry.



### 2 GET PREPPED

While the pearl barley is cooking, finely slice the **leek**. Finely slice the **button mushrooms**. Finely slice the **zucchini**. Peel and crush the **garlic**. Pick the **thyme** leaves. **TIP:** Pinch the top of the stalk with one hand and run your fingers down the stalk from top to bottom. The thyme leaves will break off where they meet the stem. This technique also works for rosemary! Pick the **parsley** leaves.



### 3 COOK THE VEGGIES

In the **last 10 minutes** of pearl barley cooking time, heat the **butter** and a **dash of olive oil** (to stop the butter burning) in a large frying pan over a medium-high heat. Add the **leek**, **mushrooms** and **zucchini** and cook for **7-8 minutes**, or until softened and lightly golden. Add the **garlic** and **thyme** and cook for a further **1-2 minutes**, or until fragrant.



### 4 ADD THE PEARL BARLEY

Add the **pearl barley** to the frying pan with the veggies and stir to combine.



### 5 ADD THE FETTA

Crumble in the **fetta** and stir through until melted and creamy. Season to taste with a **pinch of salt** and **pepper**.



### 6 SERVE UP

Divide the leek and mushroom pearl barley between bowls and sprinkle over the parsley. In a medium bowl, add the **mixed salad leaves** and drizzle with **2 tsp of olive oil** and the **balsamic vinegar**. Serve the salad on the side.

Enjoy!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pearl barley	1 ½ packet (¾ cup)	3 packets (1 ½ cups)
vegetable stock	1 cube	2 cubes
leek	1	2
button mushrooms	1 punnet	2 punnets
zucchini	1	2
garlic	2 cloves	4 cloves
thyme	1 bunch	1 bunch
parsley	1 bunch	1 bunch
butter*	2 tbs	4 tbs
fetta	1 block (50 g)	1 block (100 g)
mixed salad leaves	1 bag	1 bag
balsamic vinegar*	1 tsp	2 tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2190kJ (524Cal)	530kJ (127Cal)
Protein (g)	18.0g	4.3g
Fat, total (g)	22.6g	5.5g
- saturated (g)	12.4g	3.0g
Carbohydrate (g)	54.6g	13.2g
- sugars (g)	5.2g	1.3g
Sodium (g)	766mg	185mg

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