



(02) 8188 8722 | HelloFresh.com.au

WK30
2016

Roasted Beetroot, Sugar Snap Peas & Fetta Cheese Salad

This herbivorous salad is light, bright, colourful and nutritious. Pearl barley is a really old school grain, super filling and really tasty here with lentils and bold cumin. Throw in some of our favourite sweet root veg, sugar snap peas and an incredible fetta cheese? BOOM: You've got a winner.



Prep: 15 mins

Cook: 35 mins

Total: 50 mins



level 1



low sodium



high fibre

Pantry Items



Water



Olive Oil



Pearl Barley



Beetroot



Sugar Snap Peas



Red Onion



Garlic



Cumin



Lentils



Fetta Cheese



Lemon

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
½ cup	1 cup	pearl barley, rinsed well
3 cups	6 cups	water *
150 g	300 g	sugar snap peas, trimmed
1	2	beetroot, washed & cut into wedges
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tsp	2 tsp	cumin (recommended amount)
1 tin	2 tins	lentils, drained & rinsed
1 block	2 blocks	fetta cheese, crumbled
½	1	lemon, juiced

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1910	Kj
Protein	17.9	g
Fat, total	15.2	g
-saturated	5.1	g
Carbohydrate	54.6	g
-sugars	7.8	g
Sodium	308	mg

Disclaimer: We always try to source the freshest and locally grown ingredients. Unfortunately, due to the recent storms, we weren't able to source green beans this week and have replaced them with sugar snap peas. Don't worry, your recipe will still taste delicious!



You will need: sieve, chef's knife, chopping board, garlic crusher, medium saucepan, medium bowl, oven tray lined with baking paper and a medium frying pan.

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **pearl barley** and the **water** in a medium saucepan and bring to the boil. Simmer for **30-35 minutes** or until tender. Add the **sugar snap peas** in the last **3 minutes**. Drain and transfer to a medium bowl.

3 Place the **beetroot wedges** on the prepared tray and toss in half of the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **30 minutes** or until the beetroot is tender.

4 Meanwhile, heat the remaining olive oil in a medium frying pan. Add the **red onion** and cook, stirring, for **5 minutes** or until tender. Add the **garlic** and the **cumin** and cook for **1 minute** or until fragrant. Add the **lentils** and cook, stirring, for **1 minute** or until heated through. Transfer to the bowl with the pearl barley.

5 Add the roasted beetroot to the pearl barley mixture. Gently stir through the **fetta cheese** and **lemon juice**. Season with salt and pepper. Divide between plates and enjoy!



Did you know? The majority of barley crops actually go towards making beer or feeding livestock.