

## 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







low sodium



high fibre

## **Pantry Items**













Pearl Barley

Sugar Snap Peas

Red Onion









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 *	
1/2	1	red onion, finely chopped	
1 clove	2 cloves	garlic, peeled & crushed	<del>+</del>
1 tsp	2 tsp	cumin (recommended amount)	
1 tin	2 tins	lentils, drained & rinsed	
1 block	2 blocks	fetta cheese, crumbled	
1/2	1	lemon, juiced	<del></del>

**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!

Ingredient features in another recipe

Pantry Items

Pre-preparation

**Nutrition per serve** 

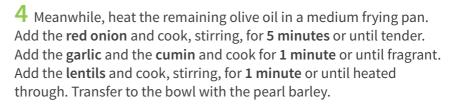
Energy	1910	Kj
Protein	17.9	g
Fat, total	15.2	g
-saturated	5.1	g
Carbohydrate	54.6	g
-sugars	7.8	g
Sodium	308	mg



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.





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.