

ZAATAR ROASTED CARROT PEARL BARLEY

with Chives & Garlic Goat Cheese and Mint Dressing





Make zaatar roasted carrots



Pearl Barley









Roasted Almonds



Sunflower Seeds



Lemon







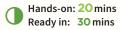


Green Mizuna



Cheese

Pantry Staples: Olive Oil, Honey



Just the gorgeous colours in this dish have our mouth watering! A perfect palette of sweet, nutty and zesty flavours, this fresh bowl of delectable elements will leave you oh-so-satisfied.

START

Our fruit and veggies need a little wash before you use them!! You will need: medium saucepan with a lid, wooden spoon, sieve, chef's knife, chopping board, oven tray lined with baking paper, small jar with a lid, spoon, large bowl and tongs.



Preheat the oven to 200°C/180°C fanforced. Add the pearl barley to a medium saucepan of lightly salted water and bring to the boil. Cook, stirring occasionally, for 30 minutes, or until soft in texture but slightly chewy. Drain, refresh under cold water and return to the saucepan. Set aside. ** TIP: Add more boiling water if the saucepan



ADD THE ZAATAR

Once the veggies have finished roasting, remove from the oven, sprinkle with the zaatar and squeeze over lemon juice (2 tsp for 2 people / 1 tbs for 4 people).



2 ROAST THE CARROT & ONION
While the pearl barley is cooking, slice the carrot (unpeeled) into 0.5 cm batons and the red onion into 1 cm wedges. Place the veggies on the oven tray lined with baking paper.

Drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat and place in the oven to cook for 20-25 minutes, or until tender. In the last 10 minutes of cooking time, add the roasted almonds and sunflower seeds and cook until golden (watch they don't burn!).



BRING EVERYTHING TOGETHER
In a large bowl, toss together the pearl
barley, zaatar veggies, toasted sunflower
seeds and almonds and the green mizuna.
Pour over the mint dressing and toss to coat.

TIP: Don't forget to remove the garlic clove
from the mint dressing! TIP: Dress the
salad just before serving to prevent
soggy leaves.



MAKE THE MINT DRESSING
While the veggies are roasting, finely chop
the mint leaves (reserve a few for garnish!).
Peel the garlic. Slice the lemon into wedges.
In a small jar, combine the olive oil (1 tbs for
people / 2 tbs for 4 people), mint, garlic,
honey and a squeeze of lemon juice (2 tsp for
people / 1 tbs for 4 people). Season to taste
with a pinch of salt and pepper and shake
vigorously to mix. *TIP: Remove the garlic
clove from the jar just prior to serving.



SERVE UPDivide the zaatar roasted carrot pearl barley between plates. Crumble over the **chives & garlic goat cheese** and garnish with the reserved mint leaves. Serve any remaining lemon wedges on the side.

ENJOY!

2 4 PEOPLE

INGREDIENTS

	,	
	2P	4P
olive oil*	refer to method	refer to method
pearl barley	1 packet (½ cup)	2 packets (1 cup)
carrot	2	4
red onion	1	2
roasted almonds	1 packet	2 packets
sunflower seeds	1 packet	2 packets
mint	1 bunch	1 bunch
garlic	1 clove	2 cloves
lemon	1	2
honey*	1½ tsp	3 tsp
zaatar	1 sachet (1 tbs)	2 sachets (2 tbs)
green mizuna	1 bag	1 bag
chives & garlic goat cheese	1 block (80 g)	2 blocks (160 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2340kJ (560Cal)	514kJ (123Cal)
Protein (g)	22.5g	4.9g
Fat, total (g)	20.9g	4.6g
- saturated (g)	5.3g	1.2g
Carbohydrate (g)	60.3g	13.2g
- sugars (g)	18.8g	4.1g
Sodium (g)	290mg	64mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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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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