



ZAATAR ROASTED CARROT PEARL BARLEY

with Chives & Garlic Goat Cheese and Mint Dressing



Make zaatar roasted carrots



Pearl Barley



Carrot



Red Onion



Roasted Almonds



Sunflower Seeds



Lemon



Garlic



Mint



Zaatar



Green Mizuna



Chives & Garlic Goat Cheese

Hands-on: 20 mins
Ready in: 30 mins

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.

Pantry Staples: Olive Oil, Honey

BEFORE YOU 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**.



1 COOK THE PEARL BARLEY

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



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!).



4 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).



5 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.



3 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 2 people / 2 tbs for 4 people), **mint**, **garlic**, **honey** and a squeeze of **lemon juice** (2 tsp for 2 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.



6 SERVE UP

Divide 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](https://www.hellofresh.com.au/foodinfo)

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