



Barley & Brussels Stir-Fry

with Pickled Radish and Shallots



30-40min



2 Servings

Retry a stir-fry, this time with a healthy twist! Barley replaces rice, Brussels sprouts, spinach, and edamame punch up the green factor, and salted cashews add crunch. A quick pickle of shallots and radish provides a hit of acidity and touch of sweetness. It's a restorative meal, great for dinner, even better leftover for lunch (if you can resist eating it all)! Cook, relax, and enjoy!

What we send

- quick cooking barley
- shallot
- Brussels sprouts
- golden balsamic vinegar
- large clove garlic
- radish
- baby spinach

What you need

- coarse salt
- freshly ground black pepper
- olive oil
- sugar

Tools

- large nonstick skillet
- medium saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

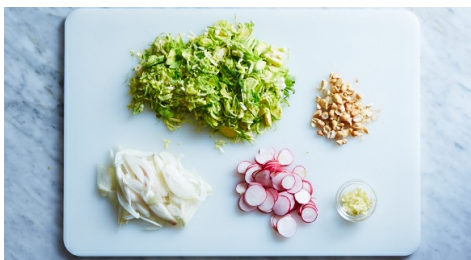
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 530.0kcal, Fat 19.3g, Proteins 24.4g, Carbs 57.6g



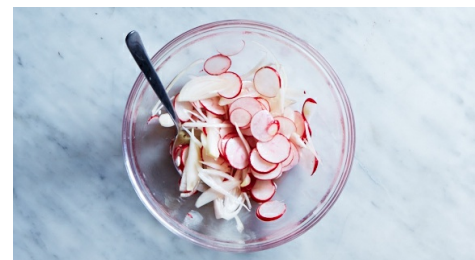
1. Prep ingredients

Bring a medium saucepan of salted water to a boil. Trim, halve, and peel **shallot** and thinly slice lengthwise. Trim ends from **radish** and thinly slice into rounds. Peel and finely chop **garlic**. Trim **Brussels sprouts**, cut in half lengthwise, and thinly slice crosswise. Coarsely chop **cashews**.



4. Sauté aromatics

Meanwhile, heat 1 tablespoon **oil** in a large nonstick skillet over medium-high. Add **remaining shallots** and cook until softened and golden, about 2 minutes. Add **garlic** and cook until fragrant, about 1 minute.



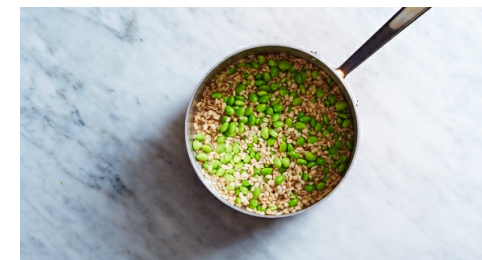
2. Pickle radish & shallot

Whisk balsamic **vinegar**, 1 teaspoon **sugar**, and ½ teaspoon **salt** in a medium bowl. Add **radish** and **½ of the shallots** (breaking apart) and toss to combine.



5. Cook Brussels sprouts

Add **Brussels sprouts** and cook, stirring, until starting to soften, about 2 minutes. Add 1 tablespoon **oil** to the skillet and stir in **barley**, **edamame**, and **spinach**. Cook until spinach is wilted, about 1 minute. Season with ¾ teaspoon **salt** and a few grinds **pepper**.



3. Cook barley

Add **barley** to boiling water and simmer until almost tender, 5-7 minutes. Stir in **edamame** and cook until barley and edamame are tender, 1-2 minutes. Drain, return to pot, and cover to keep warm until ready to use.



6. Finish stir-fry

Remove skillet from heat and top with **cashews**. Divide between 2 plates and top with **pickled shallots** and **radish**, making sure to drizzle some of the **pickling liquid** over the top. Enjoy!