

# MARLEY SPOON



## Roasted Cauliflower

and Pearl Barley Salad



30-40min



2 Portions

Roasting cauliflower accentuates its sweetness and makes a great addition to a large array of salads. Here, we've teamed it with wholesome pearl barley and a lemon herb dressing making this salad substantial and very satisfying.

## What we send

- baby spinach leaves
- radish
- spice mix
- Goats Curd 50 gm <sup>7</sup>
- coriander, mint, 3 garlic cloves and 2 shallots
- pepitas
- lemon
- cauliflower
- pearl barley <sup>1</sup>

## What you'll require

- mustard <sup>17</sup>
- olive oil
- salt and pepper
- sugar

## Utensils

- baking paper
- grater
- medium saucepan
- sieve
- stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Milk (7), Sulphites (17).  
May contain traces of other allergens.

## Nutrition per serving

Energy 500.0kcal, Fat 14.6g, Proteins 20.5g, Carbs 64.1g



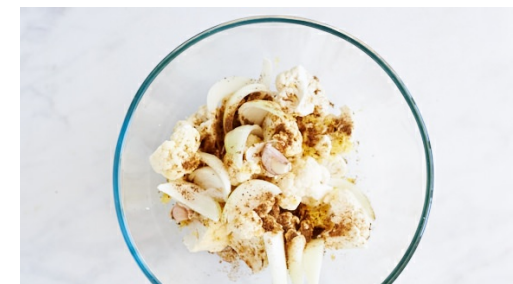
### 1. Cook barley

Preheat oven to 220C. Rinse and drain the **pearl barley**. Bring a medium saucepan of salted water to the boil. Add the barley and bring back to the boil. Reduce heat and simmer for 20-25 mins until al dente. Drain.



### 2. Prepare cauliflower

Meanwhile, line a large oven tray with baking paper. Cut the **cauliflower** into medium florets and place in a bowl. Zest the **lemon** and squeeze the juice into a separate bowl. Cut the **shallots** into wedges.



### 3. Cook cauliflower

Add 2 tsp **oil** to the **cauliflower** with the **lemon zest**, 1½ tbs **lemon juice**, the **shallots**, the **unpeeled whole garlic cloves** and 1 **spice mix**. Stir until well combined. Transfer the **cauliflower mixture** to the prepared tray and roast for 30 mins, tossing halfway through until golden and tender.



### 4. Prepare ingredients

Meanwhile, pick the **coriander** and **mint** leaves (discard stems). Trim and thinly slice the **radishes**. Place the **pepitas** on a lined oven tray and roast for 5 mins or until golden and fragrant.



### 5. Make dressing

Remove skins from **roasted garlic**. Place the **herbs** and roasted garlic in a food processor with 1 tbs **oil**, 1½ tbs **lemon juice**, 1 tsp **mustard**, ½ tsp **sugar** and some **sea salt and pepper**. Blitz until smooth and set aside.



### 6. Assemble salad

Place the **pearl barley** in a large bowl and stir through the **roasted cauliflower** and **dressing**. Once combined, add the **spinach leaves**, **radish** and **pepitas**. Serve dotted with **goat's curd**.