



MARLEY SPOON



Hearty Pearl Barley and Sweet Potato Salad

 30-40min  2 Portions

If you're after something light and nutritious, but are in need of something satisfying and wholesome, well this dinner is just for you. The pearl barley is certainly delicious and great for you, while the roasted sweet potato and goat's curd add substance and decadence.

What we send

- dried cranberries
- goat's curd ⁷
- coriander, mint and thyme
- pearl barley ¹
- baby rocket leaves
- pepitas
- red onion
- sweet potato

What you'll require

- balsamic vinegar ¹⁷
- extra virgin olive oil
- Australian honey
- sea salt and pepper
- white wine vinegar ¹⁷

Utensils

- baking paper
- medium frypan
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 820kcal, Fat 27.8g, Carbs 115.2g, Proteins 21.1g



1. Roast vegetables

Preheat oven to 220C. Line an oven tray with baking paper. Peel the **sweet potato** and cut into 1cm chunks. Thinly slice the **onion** and toss with 2 tsp **balsamic vinegar**. Place ingredients on the tray with the **thyme** sprigs, 1 tbs **oil** and season with **salt and pepper**. Toss well and roast for 20-25 mins, stirring halfway through, until tender.



4. Prepare ingredients

Meanwhile, pick the **coriander** and **mint** leaves (discard stems) and coarsely chop. Heat the same frypan over medium heat and cook the **pepitas** for 1-2 mins until toasted. Set aside to cool.



2. Toast barley

Meanwhile, heat a medium frypan over high heat. Add the **barley** and stir for 2-3 mins until the grains start to brown.



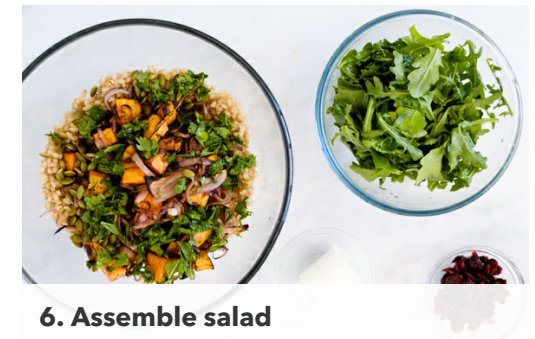
5. Make dressing

Combine 2 tbs **oil**, 2 tsp **white wine vinegar**, 2 tsp **honey** in a large bowl. Season with **salt and pepper**.



3. Cook barley

Bring 500ml (2 cups) water to the boil in a medium saucepan. Add the **barley** and bring back to the boil. Reduce heat and simmer for 20-25 mins until al dente. Drain and allow to cool.



6. Assemble salad

Add the **pearl barley** to the dressing with the **roasted sweet potatoes, onion, pepitas, herbs, rocket leaves** and **cranberries**. Gently toss to coat. Dollop with **goat's curd**.