



MARLEY SPOON



Warm Beetroot and Pearl Barley Salad

 30-40min  4 Portions

Nutritious and delicious, that's how we describe this superfood salad! Beetroot is filled with immunity-boosting Vitamin C, as well as fibre and essential minerals such as potassium. While kale is high in antioxidants and Vitamin C. With this superfood duo, you can say goodbye to the common cold this winter!

What we send

- balsamic glaze ¹⁷
- kale
- pistachios ¹⁵
- parsley and 2 garlic cloves
- pearl barley ¹
- cherry tomatoes
- dried cranberries
- beetroot
- red onion
- orange

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- extra virgin olive oil
- Australian honey
- mustard ¹⁷
- sea salt and pepper
- water

Utensils

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

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 645.0kcal, Fat 23.0g, Proteins 15.8g, Carbs 89.5g



1. Prepare vegetables

Preheat the oven to 220C. Line an oven tray with baking paper (use 2 oven trays for 4P** see cooking tip). Peel the **beetroot** and cut into thin wedges. Cut the **onion** with its skin into thick wedges. Put the **beetroot** and **onion** on the tray with **half the oil**, season with **salt and pepper**, and toss to coat.



2. Roast vegetables

Roast beetroot and onion for 25 mins, then transfer the **onion** to a bowl. Add the **tomatoes** to the tray and roast for a further 10 mins or until the beetroot is tender and tomatoes have blistered. When cool enough to handle, remove onion skins and discard. Drizzle the roasted vegetables with the **balsamic glaze** (use half for 2P) and keep warm.



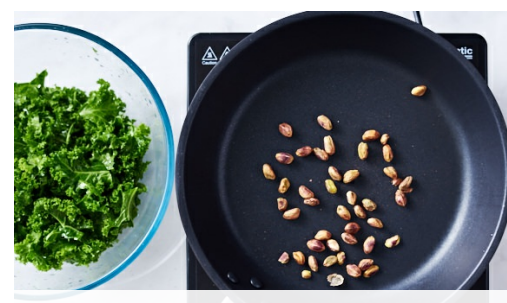
3. Cook pearl barley

While vegetables are roasting, rinse the **pearl barley** well in a sieve and place in a medium saucepan. Cover with enough water to completely submerge the barley by at least 5cm. Bring to the boil over medium-high heat. Simmer for 25 mins or until al dente. Drain well.



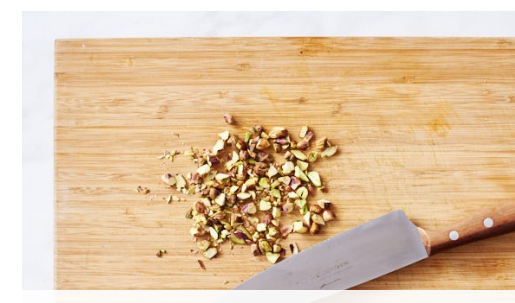
4. Make dressing

Meanwhile, juice the **orange** (use half for 2P). Finely chop or crush the **garlic**. Using a fork, whisk together the **garlic, orange juice, 1 tbs oil, mustard, honey, salt and pepper** in a bowl until combined. Pick the **parsley** leaves and coarsely chop.



5. Prepare salad ingredients

Remove **kale** leaves from stem and coarsely tear. Season with **salt** and drizzle with **remaining oil**. Massage kale until well coated. Place **pistachios** in a cold large frypan over medium heat. Toast nuts for 3-4 mins until lightly golden, tossing frequently. Remove and set aside. Increase heat to medium-high and cook kale for 2-3 mins, stirring, until wilted.



6. Get ready to serve

Meanwhile, coarsely chop the **pistachios**. Combine the roasted vegetables, pearl barley, kale, pistachios, **dried cranberries** and the dressing in a large bowl. Divide among plates to serve.