



Greek Pearl Barley Salad

with Baked Oregano Feta



30-40min



4 Portions

Think of this vegetarian dinner as a more flavourful, more substantial Greek salad. The addition of pearl barley not only adds a wonderful nutty texture, but also boosts the levels of fibre, vitamins and minerals, while warm, lightly caramelised oregano feta adds a creamy touch to this moreish meal.

What we send

- kalamata olives
- feta ⁷
- pearl barley ¹
- garlic, basil
- dried oregano
- red onion
- Lebanese cucumber, tomato

What you'll require

- olive oil
- sea salt and pepper
- sugar
- white wine vinegar ¹⁷

Utensils

- baking paper
- large saucepan
- oven tray
- sieve

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 580kcal, Fat 27.8g, Carbs 60.3g, Proteins 17.6g



1. Cook barley

Preheat oven to 200C. Bring a medium saucepan of salted water to the boil over medium-high heat. Rinse the **barley**, add to the pan and return to the boil. Cook for 35 mins or until tender. Drain and cool under cold running water.



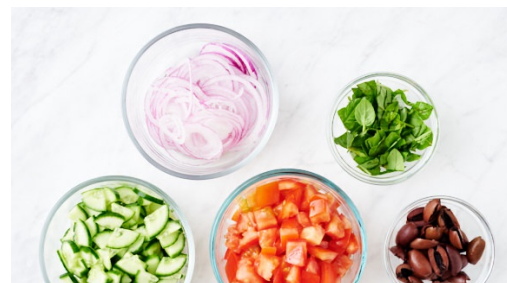
4. Bake feta

Bake the **feta** in the oven for 12-14 mins until golden.



2. Make dressing

Meanwhile, crush or finely chop the **garlic**. Put the garlic, **60ml (¼ cup) olive oil**, **2 tbs white wine vinegar**, **1 tsp sugar** and **2 tsp oregano** in a small bowl, season with **salt and pepper** and whisk until the sugar dissolves.



5. Prepare salad

Meanwhile, cut the **tomatoes** into 2cm chunks. Quarter the **cucumbers** lengthwise, then thinly slice. Thinly slice the **onion** with a mandoline if you have one or a sharp knife. Halve the **olives**. Coarsely tear the **basil** leaves.



3. Prepare feta

Line an oven tray with baking paper. Put the **feta** on the tray and drizzle over **half the dressing**.



6. Get ready to serve

Combine the **barley**, **tomato**, **cucumber**, **onion**, **olives** and **basil** in a large bowl. Stir in the **remaining dressing** and any juices from the oven tray. Divide the **barley salad** among plates and crumble over the **feta** to serve.