

MARLEY SPOON



Warm Lamb and Pearl Barley Salad

with Smokey Eggplant



30-40min



4 Portions

Tossed with aromatic minced lamb, grilled eggplant, peppery rocket and mint, this citrusy Persian-inspired salad is bursting with freshness, flavour and colour. Don't be put off by the cooking time of the pearl barley; simply get it boiling as soon as you start, then attend to the other salad components. By the time everything else is ready, the barley will be good to go!

What we send

- garlic, mint
- brown onion
- sunflower seeds
- eggplant, lemon
- lamb mince
- rocket leaves
- ground cinnamon
- pearl barley ¹
- ground allspice

What you'll require

- olive oil
- sea salt and pepper

Utensils

- foil
- large frypan
- medium saucepan
- oven tray
- sieve

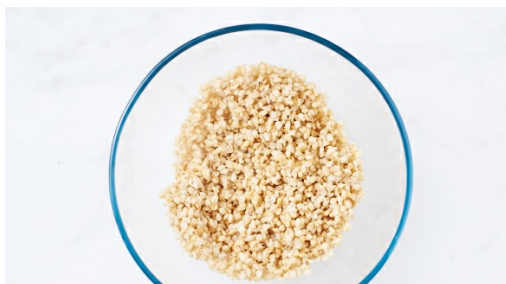
Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1). May contain traces of other allergens.

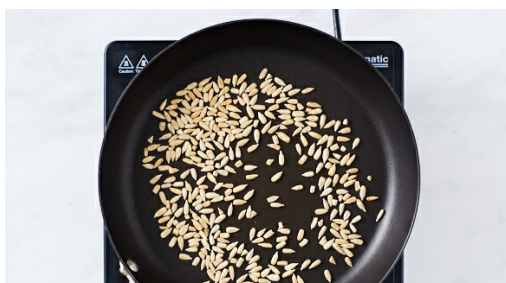
Nutrition per serving

Energy 615.0kcal, Fat 18.2g, Proteins 39.1g, Carbs 68.1g



1. Cook pearl barley

Bring a medium saucepan of salted water to the boil. Rinse and drain the **pearl barley** in a sieve. Put the **pearl barley** in the pan, return to the boil and cook for 35-40 mins until tender. Drain and put in a large bowl.



4. Toast sunflower seeds

While the eggplant is cooking, place the **sunflower seeds** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until golden. Remove and set aside.



2. Prepare ingredients

While the pearl barley is cooking, halve the **eggplant** lengthwise. Finely chop the **onion**. Finely chop or crush the **garlic**. Finely grate the **lemon rind** and juice the lemon into a separate bowl.



5. Cook lamb

Heat **remaining oil** in the pan over medium heat. Add **onion** and cook, stirring, for 3 mins or until softened. Add **garlic, lemon zest, 2 tsp cinnamon, 2 tsp allspice, salt and pepper**. Cook, stirring for a further 5 mins or until onion is golden. Increase heat to high. Add **lamb** and stir for 5 mins or until browned. Turn off heat.



3. Grill eggplant

Preheat the grill to high. Line an oven tray with foil. Lightly brush the cut side of the **eggplant** with **2 tbs oil** and season with **salt and pepper**. Put **eggplant** on the tray, cut-side down. Grill on the top shelf for 10 mins, then turn and cook for a further 10-15 mins until tender. Cool slightly, then scoop out flesh in large pieces. Discard skins.



6. Get ready to serve

While the lamb is cooking, coarsely chop the **mint** leaves. Add the **lemon juice, mint, the lamb mixture and the rocket** to the barley, and mix to combine. Divide among plates with the eggplant. Scatter with the **sunflower seeds** to serve.