



Warm & Hearty Barley Salad with Peppery Rocket & Toasted Walnuts

Pearl barley is barley with all the bran removed, giving the round, shiny grains a pearlescent, white colour. Pearl barley is widely used in Japan and countries with cool climates. In this dish we pair walnuts and tenderstem broccoli to really pack a nutritious punch!

Nutritional Info

Calories: 417 kcal
Carbohydrates: 58 g
Protein: 15 g
Fat: 21 g

Ingredients

- Shallot
- Tenderstem Broccoli
- Red Chilli
- Pearl Barley
- Garlic
- Vegetable Stock Cube
- Lemon
- Walnuts
- Fresh Rocket
- Honey

Your Pantry

- Olive oil
- Salt & Pepper

Allergens


Nuts (Walnuts)
Wheat (Pearly Barley)
Celery (Stock Cube)
Stock Cube may also contain traces of Soya, Egg & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Cook the barley

Put the barley and stock cube in a pot. Add boiling water, you'll need 3-parts water to 1-part barley. Simmer the barley for 15 minutes.

2) Prepare the vegetables

While the barley is cooking, dice the shallot. Crush the garlic. Remove the seeds from the chilli and finely chop it. Half a chilli per person is plenty, unless you really like a chilli kick.

3) Toast the walnuts

In a hot dry pan, toast the walnuts moving them around for 2 – 3 minutes. Drizzle the honey over them and cook for a further 20-30 seconds. Remove and set aside.

4) Boil the broccoli

Put the broccoli in a pot of boiling water and cook it for 2 minutes. Set the broccoli aside after it's cooked.

5) Cook the aromatics

After 15 minutes the barley should be cooked. Put the barley aside in a bowl, but keep the pot. In this pot, add some olive oil and then drop in the garlic, shallot and chilli. Cook these for 2 minutes.

6) Combine all the ingredients and serve

Add the barley back into the pot with the garlic, shallot and chilli. Then put in the broccoli and toasted walnuts.

Stir in lemon juice to taste.

Finally, add in the rocket and stir through the barley. Serve in a bowl and enjoy.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**