



# DropChef Grilled Peach Salad with Candied Pecans and Wheat Berries

Fruit in a salad always feels like a slightly odd concept, but we promise you, the peaches in this dish work beautifully! Peaches originate in China, where they are one of the most ancient domesticated fruits, with nearly 4000 years of cultivation! This dish is brimming with flavour and vitamins - a light dish to see you through the warmer evenings!

## Nutritional Info

Calories: 608kcal  
 Carbohydrates: 85g  
 Protein: 18.2g  
 Fat: 23.8g

## Ingredients

- Peaches
- Pecans
- Pearl Barley
- Maple Syrup
- Rocket
- Shallot
- Parsley
- Balsamic Dressing
- Blue Cheese

## Your Pantry

## Allergens

- [Sulphur Dioxide \(Salad Dressing\)](#)
- [Nuts \(Pecans\)](#)
- [Milk \(Blue Cheese\)](#)
- [Barley/Gluten \(Pearl Barley\)](#)

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) Boil the kettle and cook the barley

Rinse the pearl barley and add to a pot of boiling, salted water. Reduce the heat and simmer, uncovered, 20 to 25 or until tender. Add more water if necessary. Drain then leave aside to cool.

### 2) Toast the pecans

Toast the pecans in a small, dry frying pan, over medium heat for a few minutes. Cook until lightly browned and fragrant, tossing regularly to keep them from burning. Add the maple syrup and cook for a final 30 seconds until the nuts are caramelised. Remove the nuts from the pan and cool. Pour boiling water into the pan to remove any cooked on sugar.

### 3) Grill the peaches

Cut the peaches in half and remove the stone. Brush the flesh with a little olive oil. Heat the grill on medium-high heat or heat a griddle pan on the stovetop. Cook the peaches flesh facing up for the grill, or down for a frying pan for a couple of minutes until just soft and caramelised on the outside.

### 4) Make the salad

Peel and finely chop the shallot and finely chop the parsley. Crumble the blue cheese. Toss the shallot, parsley and blue cheese with the rocket, pearl barley, and pecans. At the last minute, mix the dressing through the salad and add the peaches.

### 5) Plate the dish

Enjoy!



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