



## Courgette & Broccoli Barley Bowl With Pesto

Indulge in the wholesome goodness of our Courgette & Broccoli Barley Bowl with Pesto—a vibrant medley of diced courgette, tenderstem broccoli, shallots, and cannellini beans, all embraced by the nutty goodness of pearl barley. The pesto-infused creation adds a burst of flavor, creating a harmonious blend that satisfies both taste and nutrition. This hearty bowl, with its rich colors and textures, offers a delightful and nourishing dining experience.

### Ingredients

- Basil Pesto
- Courgette
- Baby kale
- Pearl Barley
- Tenderstem broccoli
- Shallot
- Cannellini Beans
- Vegetable stock cube

### Your Pantry

- Olive Oil
- Salt & Pepper

### Nutritional Info

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Calories: 455 kcal

Carbohydrates: 86 g

Protein: 16 g

Fat: 6 g

### Allergens

Nuts (Basil Pesto)

Celery (Stock cube - may also contain traces of Egg, Soya & 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.



*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**

Place a saucepan of boiling water on the hob and dissolve the stock cube in it. Add the pearl barley and cook for 20-25 minutes or until soft but still slightly chewy. Once cooked, drain, then rinse in a sieve with some warm water to stop it getting sticky. While the pearl barley cooks, move on to the next step.

### **2) Prepare the vegetables**

Dice the courgette. Cut the shallot in half and peel then slice thinly. Cut the tenderstem broccoli into thirds. Drain and rinse the tin of beans in a sieve under warm water.

### **3) Cook the Vegetables**

Place a frying pan on medium heat with a drizzle of oil. Once hot, add the shallot and courgette and stir fry for about 5 minutes or until softening. Add the broccoli to the pan with a tablespoon or two of warm water to create some steam - this helps the broccoli to cook through. Cook for another 3 minutes, then add the kale and splash of water, cooking until the kale is wilted and a rich, green colour.

### **5) Add the Beans**

Stir in the cannellini beans and then the pesto with a couple of tablespoons of water to make a thick sauce. Add the cooked pearl barley and mix well, adding more splashes of water if it seems dry. Season with salt and pepper to taste.

### **6) Serve the Dish**

Serve the dish in bowls and enjoy!