



# FETA & BARLEY BOWL

with Cranberries and Roasted Sprouts



## HELLO CRANBERRIES

*German settlers called this a 'crane berry' because the vine resembled the neck, head and bill of a crane.*



Pearl Barley



Brussels Sprouts



Echalion Shallot



Balsamic Vinegar



Honey



Olive Oil



Rocket



Dried Cranberries



Pumpkin Seeds



Feta Cheese



Lemon

MEAL BAG

- 30 mins
- 2 of your 5 a day
- Veggie

Today's recipe takes its inspiration from the good old US of A! Barley bowls have become big news among New York hipsters and fun-loving Californians alike. Its subtle, nutty chew is a great partner for roasted sprouts and feta. And there's surely no berry more iconically American than the cranberry, so we've thrown a few in for a lovely burst of contrasting sweetness. Have a nice day!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Sieve, Baking Tray** and a **Large Bowl**.. Now, let's get cooking!



### 1 COOK THE BARLEY

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil for the pearl barley. Rinse the **barley** in a sieve then add it to the boiling water, along with a pinch of **salt**. Stir and bring back to the boil, then lower the heat and simmer until tender, 25-30 mins.

★ **TIP:** *Top up with more water if it starts to evaporate.* When the **barley** is cooked (it will be soft but chewy and double in size) drain in the sieve.



### 2 PREP THE VEGGIES

Meanwhile, halve the **brussels sprouts** through the stem, trimming off any bad leaves or woody stalks as you go. Halve, peel and thinly slice the **shallot** into half moons.



### 3 ROAST THE VEGGIES

Pop the **sprouts** and **shallot** on a baking tray. Drizzle over a little **oil** and season with a good pinch of **salt** and a few grinds of **pepper**. Give the tray a shake to ensure the **veggies** are evenly coated. Roast on the top shelf of your oven until the **sprouts** are tender and crispy around the edges, 15-20 mins. Turn halfway through cooking.



### 4 MAKE THE DRESSING

Combine the **balsamic vinegar**, **honey** and **olive oil** (amount specified in the ingredient list) in a large bowl. Season with **salt** and **pepper** and mix together.

★ **TIP:** *Taste the dressing by dipping in a rocket leaf and trying it - adjust the seasoning if you feel it needs it!* When you are happy with the dressing, just pop the **rocket leaves** on top. Don't mix the leaves into the dressing yet or they'll go soggy!



### 5 TOSS THE SALAD

When the **barley** and **veggies** are cooked, add them to the bowl with the **rocket**. Add **half** the **dried cranberries**, **half** the **pumpkin seeds** and crumble in **half** the **feta cheese**. Gently toss to combine. Do it quickly so as not to wilt the **rocket** too much!



### 6 FINISH AND SERVE

Serve the **feta** and **barley** salad in bowls. Scatter over the remaining **cranberries**, **pumpkin seeds** and **feta**. Finally, cut the **lemon** into wedges and add one to each bowl so people can squeeze over however much they like.

## 2 PEOPLE INGREDIENTS

Pearl Barley	150g
Brussels Sprouts, halved	1 pack
Echalion Shallot, sliced	1
Balsamic Vinegar <sup>14)</sup>	2 tbsp
Honey	2 tbsp
Olive Oil*	6 tbsp
Rocket	1 bag
Dried Cranberries	60g
Pumpkin Seeds	15g
Feta Cheese, crumbled <sup>7)</sup>	1 block
Lemon	½

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	1002	245
(kJ)	4218	1033
Fat (g)	60	15
Sat. Fat (g)	15	4
Carbohydrate (g)	94	23
Sugars (g)	43	11
Protein (g)	21	5
Salt (g)	1.43	0.35

### ALLERGENS

<sup>7)</sup> Milk <sup>14)</sup> Sulphites

**Balsamic Vinegar** : Wine Vinegar (Contains **Sulphites**), Concentrated Grape Must, Colour E150d.

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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