



BOUNTIFUL BARLEY BOWL

with Roasted Brussels Sprouts and Pepitas



HELLO

CRAISINS® DRIED CRANBERRIES



Surprise your taste buds with the delicious, sweet taste of Craisins® Dried Cranberries.

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 690



Barley
(Contains: Wheat)



Brussels Sprouts



Honey



Pepitas



Ocean Spray®
Craisins® Original
Dried Cranberries



Shallot



Balsamic Vinegar



Arugula



Feta Cheese
(Contains: Milk)

START STRONG

To trim Brussels sprouts, cut off any dry areas around the stem end and remove any loose or dark outer leaves.

BUST OUT

- Medium pot
- Strainer
- Large pan
- 2 Large bowls
- Olive oil (7 tsp | 14 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-------------------------------|-----------------|
| • Barley | ¾ Cup 1½ Cups |
| • Shallot | 1 2 |
| • Brussels Sprouts | 8 oz 16 oz |
| • Balsamic Vinegar | 3 tsp 5 tsp |
| • Honey | 1 tsp 2 tsp |
| • Arugula | 2 oz 4 oz |
| • Craisins® Dried Cranberries | 1 oz 2 oz |
| • Feta Cheese | ½ Cup 1 Cup |
| • Pepitas | 1 oz 2 oz |

HELLO WINE



PAIR WITH

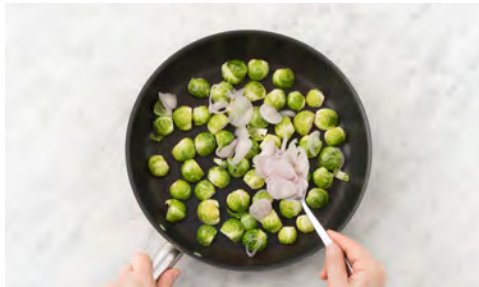
¡Cuéntame más! Mendoza Malbec, 2016

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1 PREHEAT OVEN AND COOK BARLEY

Wash and dry all produce. Preheat oven to 400 degrees. Bring **2½ cups water** to a boil in a medium pot. Once boiling, add **barley**, stir, and reduce to a simmer. Cook until al dente, about 25 minutes. Remove from heat, cover, and let stand 3 minutes, then drain any excess water.



4 COOK SHALLOT AND BRUSSELS SPROUTS

Sprinkle **shallot** over pan. Cook, without stirring, until **Brussels sprouts** are starting to brown on bottom, 3 minutes. Transfer pan to oven and roast until tender, 8-10 minutes. **TIP:** If your pan isn't ovenproof, transfer shallot and Brussels sprouts cut-side down to a baking sheet first.



2 PREP

Meanwhile, halve, peel, and thinly slice **shallot**. Trim **Brussels sprouts**, then halve through stem ends.



5 TOSS BARLEY SALAD

In another large bowl, whisk together **1 TBSP vinegar**, **1 tsp honey**, and **1 TBSP olive oil** (we sent more vinegar and honey). Add drained **barley**, **arugula**, and half the **Craisins® Dried Cranberries**. Toss to combine. Season with **salt** and **pepper**. **TIP:** You can use the same bowl as earlier, just make sure to wash it out first.



3 SEASON AND SEAR BRUSSELS SPROUTS

Heat a large pan over medium-high heat (use an ovenproof pan if you have one). In a large bowl, toss **Brussels sprouts** with **1 TBSP olive oil**, **salt**, and **pepper**. Place in pan cut-side down in a single layer. Immediately toss **shallot** with a drizzle of olive oil and a pinch of salt and pepper in same bowl.



6 FINISH AND PLATE

Divide **barley salad** between bowls or plates. Top with **Brussels sprouts** and **shallot**, then sprinkle with **feta cheese**, **pepitas**, and remaining **Craisins® Dried Cranberries**.

PRESTO!

Crispy, crunchy, tender: roasting does magical things to Brussels sprouts.

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