

INGREDIENTS

2 PERSON | 4 PERSON



34 Cup | 1½ Cups Pearled Barley Contains: Wheat



Red Onion



1 TBSP | 1 TBSP Harissa Powder 🍵



1 tsp | 1 tsp Chili Flakes



1 oz | 2 oz Golden Raisins



Zucchini



Bell Pepper*

1 tsp | 2 tsp

Garlic Powder

Veggie Stock

Concentrates



¼ oz | ½ oz Cilantro



Lemon



4 TBSP | 8 TBSP Contains: Milk



½ oz | 1 oz Sliced Almonds Contains: Tree Nuts









ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

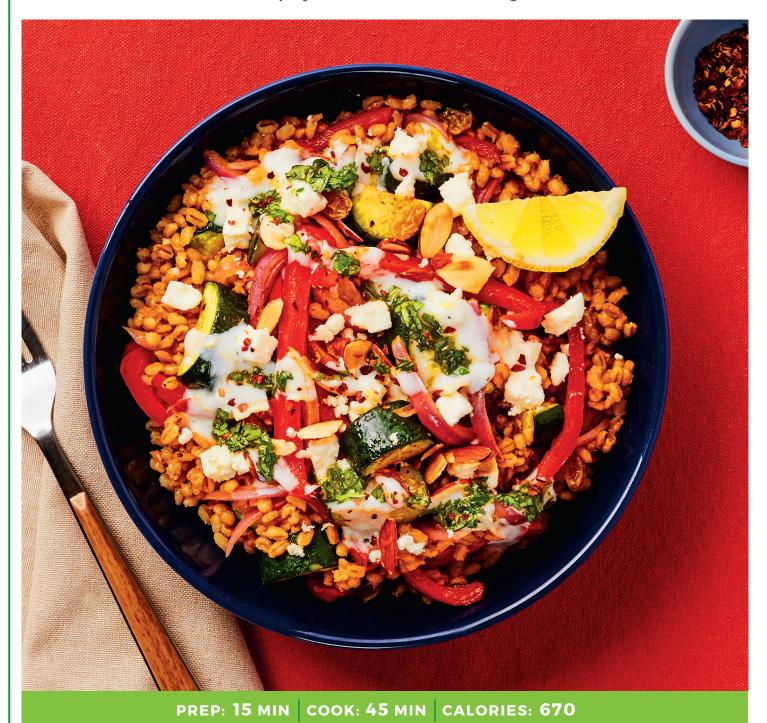
HELLO

SPICY HERB SAUCE

Brightly aromatic, thanks to cilantro, lemon, garlic, and chili flakes

SPICY HARISSA BARLEY BOWLS

with Zucchini, Golden Raisins, Spicy Herb Sauce & Lemon Yogurt



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HEAT INDEX

Not a fan of spicy food? Love the heat? Add as much or as little harissa powder as you like. After all, you're the chef!

BUST OUT

- Small pot
- 2 Small bowls
- Zester
- Small pan
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (11/2 TBSP | 3 TBSP)

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1 COOK BARLEY

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees.
- In a small pot, combine barley, 2½ cups water (4 cups for 4), and a big pinch of salt. Bring to a boil, then reduce to a simmer and cover. Cook until barley is tender and water has absorbed, 25-30 minutes.
- Keep covered off heat until ready to use in step 6. TIP: If you end up with any excess water, simply pour it out. Alternatively, if water evaporates before barley is done, add a splash of water.



2 PREP

- · Wash and dry produce.
- Trim and halve zucchini lengthwise; slice crosswise into ½-inch-thick half-moons.
 Halve, core, and thinly slice bell pepper.
 Halve, peel, and thinly slice onion. Zest and quarter lemon. Pick cilantro leaves from stems; finely chop leaves.



3 ROAST VEGGIES

- Toss zucchini, bell pepper, and onion on a baking sheet with a drizzle of oil, ½ tsp harissa powder (1 tsp for 4 servings), salt, and pepper. (Be sure to measure the harissa powder—we sent more! Use less if you prefer less heat.)
- Roast on top rack until veggies are tender and browned, 15-18 minutes.
 (For 4, divide between 2 baking sheets; roast on top and middle racks.)



4 MIX YOGURT & SAUCE

- In a small bowl, combine yogurt and a big pinch of lemon zest. Add water
 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt and pepper.
- In a separate small bowl, combine cilantro, 1½ TBSP olive oil, ¼ tsp garlic powder (you'll use the rest later), a squeeze of lemon juice, and a pinch of chili flakes to taste (use 3 TBSP olive oil and ½ tsp garlic powder for 4 servings). Season with salt and pepper.



5 TOAST ALMONDS

 Heat a small, dry pan over medium-high heat. Add **almonds** and cook, stirring occasionally, until golden and fragrant, 2-3 minutes. Remove pan from heat.



- Drain any excess water from barley; fluff with a fork. Stir in stock concentrates, raisins, remaining garlic powder, a squeeze of lemon juice, and as much
- remaining lemon juice, and as much remaining lemon zest as you like.
 Season with salt and pepper.
- Stir half the veggies into pot with barley.
- Divide barley between bowls; top with remaining veggies, feta, and almonds.
 Drizzle with yogurt and herb sauce.
 Serve with any remaining lemon wedges and remaining chili flakes on the side.

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