



Everything
But The Chef

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Cumin Spiced Cauliflower Tabbouleh

Pearl barley is one of the earth's oldest grains and is fabulously filling, but you might have heard around the way that he's stodgy. Not so! We've inserted it into this tabbouleh with parsley oil dressing and crispy cauliflower for a fresh, light twist. See? A pretty pearler indeed.

 **Prep:** 15 mins
Cook: 30 mins
Total: 45 mins

 level 1

 pantry items



Cumin



Pearl Barley



Cauliflower



Tomato



Red Onion



Garlic



Mint



Parsley



Fetta



Lemon

2P	4P	Ingredients	
100 g	200 g	pearl barley, rinsed	
1 wedge	2 wedges	cauliflower, cut into florets	A
1	2	red onion, sliced into wedges	⊕
1/2 tsp	1 tsp	HelloFresh cumin	
1 tbs	2 tbs	parsley, chopped	⊕
2	4	garlic cloves, peeled & crushed	⊕
1/4 cup	1/2 cup	olive oil *	
1	2	tomato, diced	
1 tbs	2 tbs	mint, chopped	⊕
100 g	200 g	fetta, crumbled	⊕
1/2	1	lemon, sliced into wedges	⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2010	Kj
Protein	18.5	g
Fat, total	31.2	g
-saturated	10.3	g
Carbohydrate	23.2	g
-sugars	13.9	g
Sodium	656	mg

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C fan-forced**.



2 Rinse the **pearl barley** in a sieve under running water. Add to a large pot of salted water and bring to the boil. Cook, stirring occasionally, for **25 minutes** or until soft in texture but slightly chewy. You may need to add more boiling water if it runs dry. Drain the pearl barley once it's cooked and rinse in warm water.



3 Meanwhile, toss the **cauliflower** and **red onion** with some olive oil, **HelloFresh cumin** and a grind of **salt** and **pepper**. Lay out on a lined baking tray and cook in the oven for **25 minutes**.



4 Blanch half of the **parsley** in a cup of boiling water for **30 seconds**. Remove and dry well. Blend the blanched parsley with the **garlic** and **olive oil**. (If you don't have a blender you can achieve similar results by finely chopping the ingredients). Set the dressing aside.

5 In a large bowl, toss the cooked pearl barley with the **tomato**, **mint**, **fetta**, and remaining parsley. Stir through the dressing and season to taste.

6 Divide the pearl barley salad between the plates, top with the baked cauliflower and onion and serve with **lemon wedges**.

Did you know? Wealthy Victorians grew lemon trees indoors as both a sign of prestige and to keep their estates smelling fresh.