



BALSAMIC ROASTED TOMATOES

with Feta, Pearl Barley and Za'atar Veggies

VEGGIE



HELLO ZA'ATAR

The herby Middle Eastern seasoning adds major flavour

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 921



Pearl Barley



Roma Tomatoes



Zucchini



Green Beans, trimmed



Garlic



Basil



Balsamic Vinegar



Onion, chopped



Za'atar



Feta, crumbled



Vegetable Broth Concentrate



Honey

BUST OUT

- Medium Pot
- Whisk
- Small Bowl
- Salt
- Baking Sheet
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

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|-------------------------------|----------------------|----------------------|
| • Pearl Barley 1 | 1 pkg
(170 g) | 2 pkg
(340 g) |
| • Roma Tomatoes | 400 g | 800 g |
| • Zucchini | 227 g | 454 g |
| • Green Beans, trimmed | 1 pkg
(170 g) | 2 pkg
(340 g) |
| • Garlic | 1 pkg
(10 g) | 2 pkg
(20 g) |
| • Basil | 1 pkg
(10 g) | 1 pkg
(10 g) |
| • Balsamic Vinegar 9 | 1 bottle
(2 tbsp) | 2 bottle
(4 tbsp) |
| • Onion, chopped | 1 pkg
(56 g) | 2 pkg
(113 g) |
| • Za'atar 8 | 1 pkg
(1 tbsp) | 2 pkg
(2 tbsp) |
| • Feta, crumbled 2 | 1 pkg
(28 g) | 2 pkg
(56 g) |
| • Vegetable Broth Concentrate | 1 | 2 |
| • Honey | 2 pkg
(2 tbsp) | 4 pkg
(4 tbsp) |

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

START STRONG

Preheat the oven to **450°F** (to roast the tomatoes). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce. Bring a medium pot of **salted water** to a boil. In a small bowl, whisk together the **vinegar** and **honey**. Cut the **tomatoes** in half, lengthwise.



4 MORE PREP Meanwhile, cut the **zucchini** into ½-inch pieces. Cut the **green beans** into 1-inch pieces. Mince or grate the **garlic**. Roughly chop the **basil leaves**.



2 COOK BARLEY Add the **barley** to the boiling water. Reduce heat to medium-low. Cook, covered, until barley is tender, 20-22 min. (Drain when the barley is finished cooking.)



5 COOK VEGGIES Add a drizzle of **oil** to a large non-stick pan, then the **onions, garlic, zucchini, green beans** and **za'atar**. Cook, stirring occasionally, until veggies are tender-crisp, 4-5 min. Season with **salt** and **pepper**.



3 ROAST TOMATOES On a foil-lined baking sheet, arrange the **tomatoes**, cut-side up. Season with **salt** and **pepper**. Roast in the centre of the oven, until softened, 18-20 min. Turn on the **broiler**. Drizzle tomatoes with **half the balsamic mixture** and return to oven and broil until golden-brown, 2-3 min. (**TIP:** Keep an eye on the tomatoes so they don't burn!)



6 FINISH AND SERVE Stir the **barley** and **broth concentrate(s)** into the **veggies**. Divide between plates. Sprinkle with **feta** and **basil**. Top with the **tomatoes** and drizzle with the **vinegar mixture**.

SENSATIONAL!

Make the roasted tomatoes again to jazz up weekend brunches.