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Golden Haloumi with Green Pearl Barley & Parsley Oil

Chefs, it's time to up your game. This one has a few steps, but we think you'll pick up some tricks to really impress. Pearl barley's a hardworking grain, and it just loves to entertain a crowd. But the real star here is parsley oil. One of our favourites, we can't wait for you to try it!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



high protein



veggie

Pantry Items



Olive Oil



Butter



Pearl Barley



Parsley



Lemon



Garlic



Baby Spinach



Broccoli



Spring Onions



Haloumi

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2P	4P	Ingredients	
1 packet	2 packets	pearl barley, rinsed well	
½ bunch	1 bunch	parsley, finely chopped	⊕
½	1	lemon, zested & juiced	⊕
2 tbs	4 tbs	olive oil *	
2 tsp	1 tbs	butter *	
1 clove	2 cloves	garlic, peeled & crushed	⊕
½ bag	1 bag	baby spinach, washed & finely sliced	⊕
1 head	2 heads	broccoli, cut into very small florets	🌿
1 bunch	2 bunches	spring onions, finely sliced	
1 packet	2 packets	haloumi, cut into 1 cm slices	🌿

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3130	Kj
Protein	33.6	g
Fat, total	46.9	g
-saturated	22.2	g
Carbohydrate	40.8	g
-sugars	2.4	g
Sodium	1340	mg



You will need: sieve, chopping board, chef's knife, zester, garlic crusher, large saucepan, large bowl, cup, paper towel, blender, medium frying pan, stirring spoon and tongs.

1 Add the **pearl barley** to a large saucepan of lightly salted water and bring to the boil. Cook, stirring occasionally, for **30 minutes** or until soft in texture but slightly chewy. You may need to add more boiling water if it runs dry. Drain and place in a large bowl.



2 Meanwhile, blanch half of the **parsley** in a cup of boiling water for 30 seconds. Remove and dry well with the paper towel. Blend the blanched parsley with the **lemon juice** and the **olive oil**. (If you don't have a blender you can just finely chop the parsley and mix everything together). Set aside.



3 Melt the **butter** in a medium frying pan over a medium-high heat. Add the **garlic**, **baby spinach** and **broccoli** and cook, stirring, for **2-3 minutes** or until softened. Stir the drained pearl barley through the cooked greens with the **lemon zest**, **spring onion** and remaining parsley. Season to taste with **salt** and **pepper**. Remove the mixture from the pan.

4 Heat a little olive oil in the same frying pan over a medium-high heat. Add the **haloumi** and cook for **1-2 minutes** on each side or until golden.



5 To serve, divide the green pearl barley between plates. Top with the haloumi slices and drizzle with the parsley oil.

Did you know? Compared to other veggies, broccoli boasts one of the highest amounts of calcium.