



NOV
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Roasted Brussels Sprout and Barley Salad

with Goat Cheese, Cranberries and Pepitas

Brussels sprouts are the “it” vegetable of the season—and for good reason! They become nutty and caramelized after a quick roast in the oven. Tossed over a barley salad with crunchy pepitas, sweet cranberries, and tangy goat cheese, this is one salad that is guaranteed to satisfy all your cravings.



Prep
30 min



level 1



veggie



Brussels Sprouts



Barley



Dried Cranberries



Goat Cheese



Pepitas



Balsamic
Vinegar



Honey



Shallot



Arugula

Ingredients

	4 People	4 People
Brussels Sprouts	1 pkg (340 g)	2 pkg (680 g)
Barley	1 pkg (¾ cup)	2 pkg (1½ cups)
Dried Cranberries	1 pkg (28 g)	2 pkg (56 g)
Goat Cheese	1) 1 pkg (56 g)	2 pkg (113 g)
Pepitas	1 pkg (28 g)	2 pkg (56 g)
Balsamic Vinegar	2) 1 bottle (2 tbsp)	2 bottles (4 tbsp)
Honey	1 tsp	2 tsp
Shallot	1	2
Arugula	1 pkg (113 g)	2 pkg (227 g)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Sulphites/Sulfites

Tools

Medium Pot, Strainer, Medium Bowl, Baking Sheet, Whisk

Nutrition per person Calories: 446 cal | Fat: 18 g | Protein: 19 g | Carbs: 59 g | Fibre: 11 g | Sodium: 262 mg

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

Ruler

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1 Preheat the oven to 400°F. (To roast the Brussels sprouts.) Start prepping when your oven comes up to temperature!

2 Cook the barley: In a medium pot, combine the **barley** with enough **salted water** to cover. Cover and bring to a boil over medium-high. Boil until the barley is tender, 23-25 min.

3 Prep: Meanwhile, **wash and dry all produce**. Thinly slice the **shallot**. Trim and halve the **Brussels sprouts**.

4 Roast the veggies: On a baking sheet, toss the **Brussels sprouts** and **shallots** with a drizzle of **oil**. Roast in the centre of the oven, stirring halfway through baking, until golden-brown, 12-15 min.

5 Make the barley salad: Drain the **barley**. In a medium bowl, whisk the **vinegar** and **honey** (**DO:** measure out) with a drizzle of **oil**. Add the **drained barley, roasted Brussels sprouts, shallots, pepitas** and **cranberries**. Season with **salt** and **pepper**.

6 Finish and serve: Just before serving, toss in the **arugula**. Divide between plates. Crumble the **goat cheese** ovetop. Enjoy!



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