



# BALSAMIC ROASTED MUSHROOMS 'STEAKS'

with Fetta and Zaatar Veggies



Use balsamic vinegar to flavour mushrooms



Pearl Barley



Rosemary



Garlic



Field Mushrooms



Red Onion



Zucchini



Pine Nuts



Zaatar



Fetta

*Pantry Staples*



Olive Oil



Balsamic Vinegar



Hands-on: **25** mins

Ready in: **35** mins

Mushroom 'steaks' – so indulgent and delicious. With intense aromatic balsamic flavours and zaatar roasted veggies, this dish really is fit for a king.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan** with a **lid**, **sieve**, **chef's knife**, **chopping board**, **small bowl**, **garlic crusher**, **oven tray lined** with **baking paper**, **medium frying pan** and a **wooden spoon**.



### 1 COOK THE PEARL BARLEY

Preheat the oven to **200°C/180°C fan-forced**. Add the **pearl barley** to a medium saucepan of lightly salted water and bring to the boil. Cook, stirring occasionally, for **25-30 minutes** or until 'al dente'. **TIP:** Add more boiling water if your saucepan runs dry. You'll know the barley is ready when it's cooked but still a little firm to the bite. Drain and return to the saucepan. Cover with a lid to keep warm.



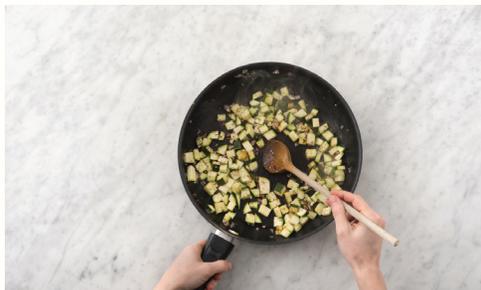
### 2 ROAST THE MUSHROOMS

Finely chop the **rosemary** leaves. In a small bowl, add the rosemary, a **drizzle** of **olive oil** and the **balsamic vinegar**. Crush **1/2** of the **garlic** into the bowl, season with a **pinch** of **salt** and **pepper** and mix well. Place the **field mushrooms** on the oven tray lined with baking paper and pour over the **balsamic mixture**. Bake for **20 minutes**, or until tender.



### 3 PREPARE THE VEGGIES

While the mushrooms are cooking, finely chop the **red onion** and finely dice the **zucchini**.



### 4 COOK THE VEGETABLES

Heat a medium frying pan over a medium-high heat. Add the **pine nuts** and toast, stirring, for **3-4 minutes**, or until golden. Remove from the pan and set aside. Add a **drizzle** of **olive oil** to the same pan and add the **red onion** and the **zucchini**. Cook for **5 minutes**, or until softened. Crush in the **remaining garlic** and add the **zaatar**. Cook for **1 minute**, or until fragrant.



### 5 MIX IT ALL TOGETHER

Add the **pearl barley** and the toasted **pine nuts** to the pan with the zaatar veggies. Crumble in the **fetta** and mix together.



### 6 SERVE UP

Divide the pearl barley and zaatar veggies between plates and top with the roasted mushrooms.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
pearl barley	1 packet (½ cup)	2 packets (1 cup)
rosemary 🌿	1 bunch	2 bunches
balsamic vinegar*	2 tsp	4 tsp
garlic 🧄	2 cloves	4 cloves
field mushrooms	4	8
red onion	1	1
zucchini	2	4
pine nuts	1 packet (1 tbs)	2 packets (2 tbs)
zaatar	1 sachet (1 tbs)	2 sachets (2 tbs)
fetta	1 block (50 g)	2 blocks (100 g)

\*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (644Cal)	416kJ (99Cal)
Protein (g)	23.5g	3.6g
Fat, total (g)	35.7g	5.5g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	48.5g	7.5g
- sugars (g)	8.1g	1.3g
Sodium (g)	374mg	58mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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