



BOUNTIFUL BARLEY BOWL

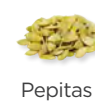
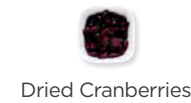
with Roasted Brussels Sprouts and Pepitas



HELLO BARLEY

Nutty in flavor and chewy in bite, the grain creates a hearty, fiber-packing foundation.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 680**



START STRONG

To trim Brussels sprouts, cut off any dry areas around the stem end and remove any loose or dark outer leaves.

BUST OUT

- Medium pot
- Strainer
- Large pan
- 2 Large bowls
- Olive oil (7 tsp | 14 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|---------------------|-----------------|
| • Barley | ¾ Cup 1½ Cups |
| • Shallot | 1 2 |
| • Brussels Sprouts | 8 oz 16 oz |
| • Balsamic Vinegar | 1 TBSP 2 TBSP |
| • Honey | 1 tsp 2 tsp |
| • Arugula | 2 oz 4 oz |
| • Dried Cranberries | 1 oz 2 oz |
| • Feta Cheese | ½ Cup 1 Cup |
| • Pepitas | 1 oz 2 oz |

HELLO WINE



PAIR WITH
Trilus California
Pinot Noir, 2016

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1 PREHEAT OVEN AND COOK BARLEY

Wash and dry all produce. Preheat oven to 400 degrees. Place **barley** in a medium pot with a large pinch of **salt** and enough **water** to cover. Bring to a boil and cook until tender, about 25 minutes. Drain.



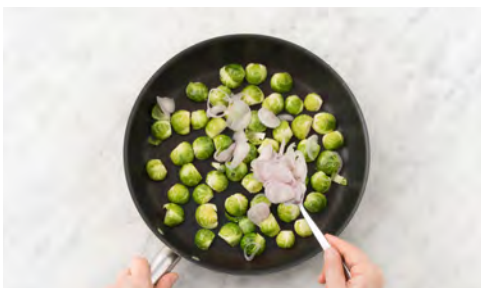
2 PREP

Halve, peel, and thinly slice **shallot**. Trim, then halve **Brussels sprouts** through stem ends.



3 SEASON AND SEAR BRUSSELS SPROUTS

Heat a large pan over medium-high heat (use an ovenproof pan if you have one). In a large bowl, toss **Brussels sprouts** with **1 TBSP olive oil, salt, and pepper**. Place in pan cut-side down in a single layer. Immediately toss **shallot** with a drizzle of olive oil and a pinch of salt and pepper in same bowl.



4 COOK SHALLOT AND BRUSSELS SPROUTS

Sprinkle **shallot** over pan. Cook, without stirring, until **Brussels sprouts** are starting to brown on bottom, 3 minutes. Transfer pan to oven and roast until tender, 8-10 minutes. **TIP:** If your pan isn't ovenproof, transfer shallot and Brussels sprouts cut-side down to a baking sheet first.



5 TOSS BARLEY SALAD

In another large bowl, whisk together **1 TBSP balsamic vinegar, 1 tsp honey, and 1 TBSP olive oil** (we sent more vinegar and honey). Add drained **barley, arugula,** and half the **cranberries**. Toss to combine. Season with **salt and pepper**. **TIP:** You can use the same bowl as earlier, just make sure to wash it out first.



6 FINISH AND PLATE

Divide **barley salad** between plates. Top with **Brussels sprouts** and **shallot**, then sprinkle with **feta, pepitas,** and remaining **cranberries**.

PRESTO!

Crispy, crunchy, tender: roasting does magical things to Brussels sprouts.

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