

Mediterranean Roasted Vegetables and Barley



Ballarat Health Services

Ingredients

- 1 cup/163 g dry pearl barley, washed
- Water
- 2 whole zucchini squash, diced
- 1 red capsicum, cored, diced
- 1 yellow capsicum, cored, diced
- 1 medium red onion, diced
- salt and pepper
- 2 tsp/ 3.9 g harissa spice, divided (reserve 1/2 tsp)
- 3/4 tsp/ 1.95 g smoked paprika, divided (reserve 1/4 tsp)
- Extra virgin olive oil
- 2 spring onions trimmed and chopped (both whites and greens)
- 1 garlic clove, minced
- 2 oz / 56 g chopped fresh parsley
- 2 tbsp/30 ml fresh squeezed lemon juice
- Feta cheese, to taste (optional)
- Toasted pine nuts, to taste (optional)



Method

Step 1: Preheat oven to 200 degrees Celsius. Place pearl barley and 2 1/2 cups water in a sauce pan. Bring to a boil, then turn heat down to low. Cover and cook for 40 to 45 minutes or until the barley is cooked through (should be tender but maintains some chew.)

Step 2: While barley is cooking, place diced vegetables (zucchini, capsicum and red onion) on a large baking sheet. Season with salt, pepper, 1 1/2 tsp harissa spice, and 1/2 tsp smoked paprika. Drizzle with extra virgin olive oil. Toss to coat. Spread evenly in one layer on the baking sheet. Roast in heated oven for 25 minutes or so.

Step 3: When barley is ready, drain any excess water. Season with salt, pepper, 1/2 tsp harissa spice and 1/4 tsp smoked paprika. Toss to combine.

Step 4: Transfer cooked barley to a large mixing bowl. Add roasted veggies. Add chopped spring onions, garlic, and fresh parsley. Dress with lemon juice and a good drizzle of extra virgin olive oil. Toss. If you like, top with crumbled feta and toasted pine nuts. Serve warm, at room temperature, or cold! Enjoy.

Serve this as a dinner, lunch
or a salad to feed a crowd.
Barley is a great source of fi-
bre and adds volume to
stretch out any meal.

Source: themediterraneandish.com