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## 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 fibre

### Pantry Items



Olive Oil



Butter



Pearl Barley



Parsley



Lemon



Garlic



Baby Spinach



Broccoli



Spring Onions




Haloumi


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2P	4P	Ingredients
½ cup	1 cup	pearl barley, rinsed
1 bunch	2 bunches	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 
1 bag	2 bags	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. 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** 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.