



# ROASTED TOMATO AND MUSHROOM BARLEY SALAD

with Fresh Bocconcini and Olives

VEGGIE



## HELLO BARLEY

Barley is rich in potassium which has been found to help decrease blood pressure

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 452**



Pearled Barley



Portobello Mushroom



Roma Tomato



Lemon



Red Onion, sliced



Balsamic Vinegar



Honey



Dijon Mustard



Arugula



Mixed Olives



Bocconcini Cheese



## BUST OUT

- Medium Pot
- Strainer
- Zester
- Baking Sheet
- Large Non-Stick Pan
- Medium Bowl
- Whisk
- Measuring Spoons
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Pearled Barley **1** 1 pkg (½ cup) | 2 pkg (1 cup)
- Portobello Mushroom 2 | 4
- Roma Tomato 260 g | 520 g
- Lemon 1 | 1
- Red Onion, sliced 1 pkg (56 g) | 2 pkg (113 g)
- Balsamic Vinegar **9** ½ bottle (1 tbsp) | 1 bottle (2 tbsp)
- Honey 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Dijon Mustard **6,9** 1 pkg (1 ½ tsp) | 2 pkg (3 tsp)
- Arugula 1 pkg (113 g) | 2 pkg (227 g)
- Mixed Olives **9** 1 pkg (28 g) | 2 pkg (56 g)
- Bocconcini Cheese **2** 1 pkg (100 g) | 2 pkg (200 g)

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites

\*Laver et sécher tous les aliments.

## START STRONG

Preheat the oven to **425°F** (to roast the tomatoes and onions). Start prepping when the oven comes up to temperature!



**1 COOK BARLEY**  
Wash and dry all produce.\* In a medium pot, combine the **barley** with enough **salted water** to cover. Bring it to a boil over high heat, then reduce to medium-low heat. Simmer until tender, 28-30 min. (Drain when the barley is cooked.)



**4 COOK MUSHROOMS**  
Meanwhile, heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **mushrooms** and **lemon zest**. Season with **salt** and **pepper**. Cook, stirring often, until the mushrooms are dark golden-brown, 6-8 min. Set aside.



**2 PREP**  
Meanwhile, cut the **mushrooms** into ½-inch thick slices. Cut the **tomatoes** into ½-inch wedges. Zest, then juice the **lemon**.



**5 MAKE DRESSING**  
In a medium bowl, whisk together the **honey**, **mustard**, **1 tbsp lemon juice** (double for 4 ppl) and a drizzle of **oil**. Season with **salt** and **pepper**. Toss the **cooked barley** into the dressing. Season with **salt** and **pepper**. Add the **arugula**, **balsamic veggies** and **olives**. Toss together.



**3 ROAST VEGGIES**  
On a baking sheet, toss the **tomatoes** and **onions** with ½ **bottle vinegar** (1 bottle for 4 ppl) and a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the veggies soften and are slightly golden-brown, 10-11 min.



**6 FINISH AND SERVE**  
Divide the **barley mixture** between plates. Tear the **bocconcini** into small pieces and sprinkle over.

## SWEET!

Make these juicy roasted tomatoes again for your next brunch party!