

NOURISH BOWLS 4-WAYS

Each recipe serves 2

Mediterranean Inspired Nourish Bowl:

Ingredients:

½ cup IMBO Barley
2 ½ cups water
1 cup baby spinach
1 can chickpeas, drained
½ tsp cayenne pepper (optional)
1 tsp garlic salt
1 tbsp olive oil
¾ cup cucumber, cubed
1 cup baby tomatoes, halved
½ cup olives, pitted
½ cup yellow peppers, cubed
½ cup Danish feta
½ cup hummus
½ cup olive oil
Salt and pepper

Method:

1. Preheat the oven to 180°C.
2. Pour the barley into a pot. Cover with water, bring to the boil and simmer for 40-50 minutes. Strain and allow to cool.
3. Combine the cayenne pepper, garlic salt and olive oil, toss the chickpeas through the spice mixture. Pop the spiced chickpeas on a roasting tray. Roast for 15-20 minutes until dry & crisp. Allow to cool.
4. In shallow bowls, start the assembly of your bowl: Start with the spinach leaves at the base and top with cooled barley on one 'corner' of the dish. Add each of the other ingredients, in little 'piles' – according to your aesthetic preference.
5. Lastly, dollop a big scoop of hummus in the centre, drizzle with olive oil and season with salt & pepper.

Tuna & Egg Nourish Bowl:

Ingredients:

½ cup IMBO Barley
2 ½ cups water
2 cup baby spinach
2 eggs
1 cup green beans, halved
1 tin chunky tuna
½ cup grated carrots
½ cup grated beetroot
¼ cup red onion, slices
½ cup cucumber thinly sliced into rounds or ribbons
Avocado slices
½ cup creamy dressing, of choice
Salt and pepper to taste

Method:

1. Pour the barley into a pot. Cover with the water, bring to the boil and simmer for 40-50 minutes. Strain and allow to cool.
2. Bring a small pot to the boil, slowly drop in the eggs and simmer for 6-8 minutes (depending on own preference). Cool immediately in ice water. Peel and cut both eggs in half.
3. Blanch the green beans for 2-3 minutes in boiling water. Allow beans to cool in ice water.
4. Remove the tuna from the tin & strain.
5. In shallow bowls, start the assembly of your bowl: Start with the spinach leaves at the base and top with cooled barley on one 'corner' of the dish. Add each of the other ingredients, in its own little 'pile' – according to your aesthetic preference.
6. Drizzle with creamy dressing, season, serve and ENJOY!

Mexican Chicken Nourish Bowl:

Ingredients:

½ cup IMBO Barley
2 ½ cups water
2 cup baby spinach
2 chicken breasts
1-2 tsp Mexican spiced blend(or spice of choice)
1 cooked mielie on the cob
½ cup white cheddar, grated
¼ cup spring onion, chopped
1 cup tomato & onion salsa
2 tbsp sour cream
2 tbsp guacamole
2 lime wedges
Salt and pepper to taste

Method:

1. Preheat the oven to 180°C.
2. Pour the barley into a pot. Cover with the water, bring to the boil and simmer for 40-50 minutes. Strain and allow to cool.
3. Toss the chicken breasts in the dry Mexican spiced blend and pan fry in an oiled pan on a medium heat until cooked through. (could cover the pan with a lid to insure even cooking).
4. Grill the corn in a griddle pan on a high heat until charred, 10-12 minutes. Allow to cool, cut corn from cob.
5. Cut each chicken breast into even sized strips.
6. In shallow bowls, start the assembly of your bowl: Start with the spinach leaves at the base and top with cooled barley on one 'corner.' Add each of the other ingredients, in its own little 'pile' in the dish – according to your aesthetic preference.
7. Top with a generous dollop of guacamole and sour cream. Season with salt & pepper.
8. Finish with a squeeze of lime and an extra lime wedge in each bowl to garnish, serve and ENJOY!

Steak Nourish Bowl:

Ingredients:

½ cup IMBO Barley
2 ½ cups water
2 cups baby spinach
300g rump steak
2 tsp dry steak spice rub
8 long stem broccoli, blanched
1 cup butternut chunks, roasted
1 cup beetroot chunks, roasted
½ cup Danish feta
2 tsp toasted sunflower seeds
½ cup creamy dressing, of choice
Salt and pepper

Method:

1. Pour the barley into a pot. Cover with the water, bring to the boil and simmer for 40-50 minutes. Strain and allow to cool.
2. Rub the steak with the spice rub. Pan fry on a medium heat for 3-5 minutes a side, depending on preference. Allow to rest before slicing thin even slices.
3. Bring water to the boil in a small pot. Blanch and refresh the broccoli stems.
4. In shallow bowls, start the assembly of your bowl: Start with the spinach leaves at the base and top with cooled barley on one 'corner' of the dish. Add each of the other ingredients, in its own little 'pile' – according to your aesthetic preference.
5. Sprinkle with toasted sunflower seeds.
6. Drizzle with a creamy dressing & season.