

## Kale and Barley Bites

This recipe is based on the Italian arachini – a popular snack believed to originate from Sicily. Our rustic treats are made using a pearl barley and seasonal kale risotto which is then formed into balls and shallow fried to make delicious, crispy bites.



Barley (gluten), celery, egg, milk, wheat (gluten)\*

Nutritional information per portion (385g):

Energy 1365kJ 312kcal 16%	Fat 12g 17%	Saturates 3.0g 15%	Sugars 1.8g 2%	Salt 0.57g 10%
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of an adult's reference intake.  
Typical values per 100g: energy 354kJ/81kcal.

### Equipment

- Chopping board
- Vegetable knife
- Kettle
- Weighing scales
- Measuring jug
- Grater
- Juice squeezer
- Measuring spoons
- Large frying pan
- Heatproof spoon
- Large bowl
- Fish slice
- Serving plate

### Ingredients

#### Serves 4

- 1 small onion
- 1 garlic clove
- 150g pearl barley
- 1 x 5ml ground nutmeg
- 1 small lemon (zest and juice)
- 100g kale (washed)
- 2 x 15ml vegetable oil
- 40g parmesan style vegetarian cheese
- 65g low-fat natural Greek yoghurt
- 2 ½ ml ground pepper
- 4 x 15ml plain flour (plus extra for rolling and shaping)
- 1 reduced salt vegetable stock cube

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



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## Method

1. Weigh and measure the ingredients.
2. On a clean, dry chopping board, chop the onion and garlic finely.
3. Crumble the reduced salt vegetable stock cube into the measuring jug and add 1 litre of boiling water.
4. Wash the lemon and grate the zest. Cut the lemon in half and squeeze out the juice using a juice squeezer.
5. Grate the cheese.
6. Chop the kale into small pieces.
7. In a large frying pan, heat up 1 x 15ml vegetable oil on a medium heat.
8. Add the onions and fry for 5 minutes until soft. Add the garlic and fry on low heat for another 2 minutes.
9. Add the pearl barley and fry for 2 minutes on a medium heat before adding the 100ml of stock. Reduce the heat and simmer on low heat stirring regularly.
10. When the stock has been absorbed, add another 100ml of the stock along with the zest and juice of the lemon, the nutmeg and the kale and stir.
11. Add the remaining stock little by little until it has all been absorbed and the pearl barley is soft, this may take 20 minutes. Stir regularly. Remove from heat and allow to cool.
12. Cool the kale and pearl barley mixture and then add the parmesan style cheese, natural yoghurt and flour. Season with black pepper and stir well.
13. Cover a clean surface with flour. Once the mixture has cooled, take a heaped 15ml spoon of the mixture and drop onto the floured surface. With floured hands, squeeze the mixture into a tight ball. Repeat until all the mixture is shaped into balls.
14. In a clean frying pan, heat up remaining vegetable oil on medium heat and when hot add the kale and barley balls. Keep turning the balls with a fish slice and fry until they are golden brown all the way round and the kale is crispy.
15. Remove from the heat and place on serving plate and enjoy.

### Skills used include:

Weighing, measuring, chopping, grating, squeezing, washing, frying, simmering, mixing, cooling, shaping and serving.

## Something to try next time

- Try adding either sundried tomatoes, peas or sweetcorn.
- Serve with our tasty tomato sauce from our Tasty Tomato Pasta recipe.
- Try serving as a starter with our Barbecue Tomato Sauce.

## Prepare now, eat later

- The shaped balls can be frozen and cooked on another day.

## Get more from your food

If you have any leftover kale try making kale crisps.

1. Heat the oven to 130°C and line a baking tray with greaseproof paper.
2. Wash the kale, remove the stalks and dry thoroughly. Place in a large bowl, tearing any large leaves into smaller pieces.
3. Drizzle over a little olive oil, then massage into the kale.
4. Tip onto the tray and spread the kale out. Bake for 10-15 mins or until crisp but still green, then leave to cool for a few minutes.
5. Sprinkle with a little black pepper and smoked paprika and serve.

## Nutrition fact

- Kale is high in vitamin A and vitamin C, which can contribute to the normal function of the immune system. An 80g portion of kale provides one of your 5-a-day.