



Barley, Cauliflower, and Herbs with Burrata

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup hull-less barley hulled
- ☐ 0.3 cup breadcrumbs fresh fine
- ☐ 1 cup cauliflower finely chopped
- ☐ 0.5 cup celery hearts finely chopped
- ☐ 1 tablespoon crème fraîche
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 8 ounces mozzarella cheese fresh
- ☐ 4 servings coarsely ground pepper black

- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 1 tablespoon olive oil extra-virgin plus more for drizzling
- ☐ 1 small shallots finely chopped
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F. Cook barley in a large pot of boiling salted water until tender, 15–20 minutes for pearl, 35–40 for hulled or hull-less.
- ☐ Drain and spread out on a rimmed baking sheet; let cool.
- ☐ Meanwhile, toss breadcrumbs with 1 tablespoon oil on another rimmed baking sheet; season with salt.
- ☐ Bake, tossing once, until golden brown, 10–12 minutes; let cool.
- ☐ Bring milk to a simmer in a medium saucepan over medium-high heat; season with salt.
- ☐ Add cauliflower and cook until just softened, about 3 minutes; drain well. Discard milk.
- ☐ Toss cauliflower, barley, breadcrumbs, shallot, celery hearts, celery leaves, parsley, parsley stems, lemon zest, lemon juice, and vinegar in a bowl; season salad with salt.
- ☐ Mix burrata and crème fraîche in a medium bowl; season with salt. Divide burrata mixture among plates, drizzle with oil, and top with barley salad; season with pepper.
- ☐ DO AHEAD: Barley can be cooked 1 day ahead; cover and chill. Breadcrumbs can be toasted 1 day ahead; store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:7.75, Inflammation Score:-7, Nutrition Score:21.846956501836%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 404.86kcal (20.24%), Fat: 21.69g (33.38%), Saturated Fat: 10.75g (67.2%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 26.99g (9.81%), Sugar: 8.53g (9.47%), Cholesterol: 61.2mg (20.4%), Sodium: 669.68mg (29.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.59%), Vitamin K: 74.06µg (70.53%), Calcium: 479.01mg (47.9%), Phosphorus: 419.12mg (41.91%), Vitamin B12: 1.98µg (33.02%), Selenium: 22.73µg (32.48%), Manganese: 0.62mg (31.15%), Vitamin B2: 0.46mg (26.78%), Vitamin C: 21.2mg (25.7%), Vitamin B1: 0.32mg (21.6%), Fiber: 5.38g (21.53%), Zinc: 3.06mg (20.38%), Vitamin A: 978.63IU (19.57%), Magnesium: 68.91mg (17.23%), Potassium: 507.25mg (14.49%), Vitamin B6: 0.26mg (13.12%), Folate: 43.91µg (10.98%), Iron: 1.9mg (10.55%), Vitamin D: 1.57µg (10.46%), Vitamin B3: 1.93mg (9.67%), Vitamin B5: 0.89mg (8.9%), Copper: 0.17mg (8.41%), Vitamin E: 0.92mg (6.12%)