



WHATSheATE



Three Peas with Barley, Chile & Green Garlic



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients



0.3 cup garlic clove green minced thinly sliced ()



1 tbsp brown sugar packed



0.3 cup spring onion sliced ()



2 kaffir lime leaves fresh



4 servings kosher salt



125 g pea shoots



0.5 cup quick-cooking barley ()



1 cup peas english shelled (5 oz/155 g)

- ☐ 2 tbsp rice vinegar
- ☐ 1 tbsp sesame oil
- ☐ 2 tbsp soya sauce
- ☐ 185 g sugar snap peas trimmed
- ☐ 1 tsp chili paste depending on your taste pref pure

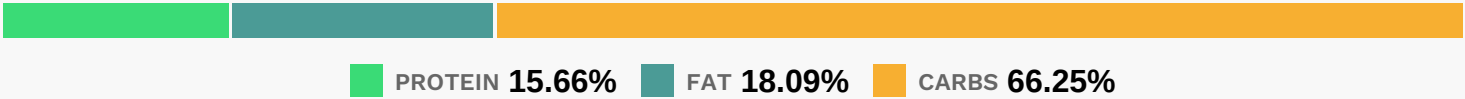
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring a large saucepan half full of salted water to a boil over high heat.
- ☐ Add the snap peas and peas and cook until tender-crisp, about 1 minute. Using a slotted spoon, transfer the vegetables to a colander and rinse under cold water. Set aside. Return the saucepan to a boil, add the barley and cook until tender, about 45 minutes.
- ☐ Drain and set aside.
- ☐ In a small bowl, whisk together the rice vinegar, soy sauce, 2 tbsp water, brown sugar, and sambal oelek until blended. In a large, heavy frying pan over high heat, warm the sesame oil.
- ☐ Add the green garlic, green onions, and lime leaves and stir-fry until the green onions are tender, about 30 seconds.
- ☐ Add the reserved snap peas, peas, and barley along with the pea shoots, and stir to coat.
- ☐ Pour in the soy sauce mixture and stir and toss until the peas and pea shoots are tender and the liquid is absorbed, about 4 minutes.
- ☐ Transfer to a warmed serving dish and serve.
- ☐ Reprinted with permission from Kitchen Garden Cookbook by Jeanne Kelley, © 2013 Weldon Owen

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:2.35, Inflammation Score:-8, Nutrition Score:16.445652236109%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 207.63kcal (10.38%), Fat: 4.28g (6.59%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 27.66g (10.06%), Sugar: 7.58g (8.42%), Cholesterol: 0mg (0%), Sodium: 712.38mg (30.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Vitamin C: 67.84mg (82.23%), Manganese: 0.8mg (39.78%), Vitamin K: 34.68µg (33.02%), Fiber: 8.21g (32.85%), Vitamin A: 978.3IU (19.57%), Selenium: 11.81µg (16.86%), Vitamin B6: 0.33mg (16.54%), Vitamin B1: 0.24mg (16.03%), Phosphorus: 147mg (14.7%), Iron: 2.61mg (14.48%), Folate: 54.77µg (13.69%), Vitamin B3: 2.66mg (13.29%), Copper: 0.25mg (12.59%), Magnesium: 50.29mg (12.57%), Potassium: 330.17mg (9.43%), Zinc: 1.27mg (8.48%), Vitamin B2: 0.14mg (8.37%), Calcium: 61.19mg (6.12%), Vitamin B5: 0.55mg (5.48%), Vitamin E: 0.33mg (2.17%)