

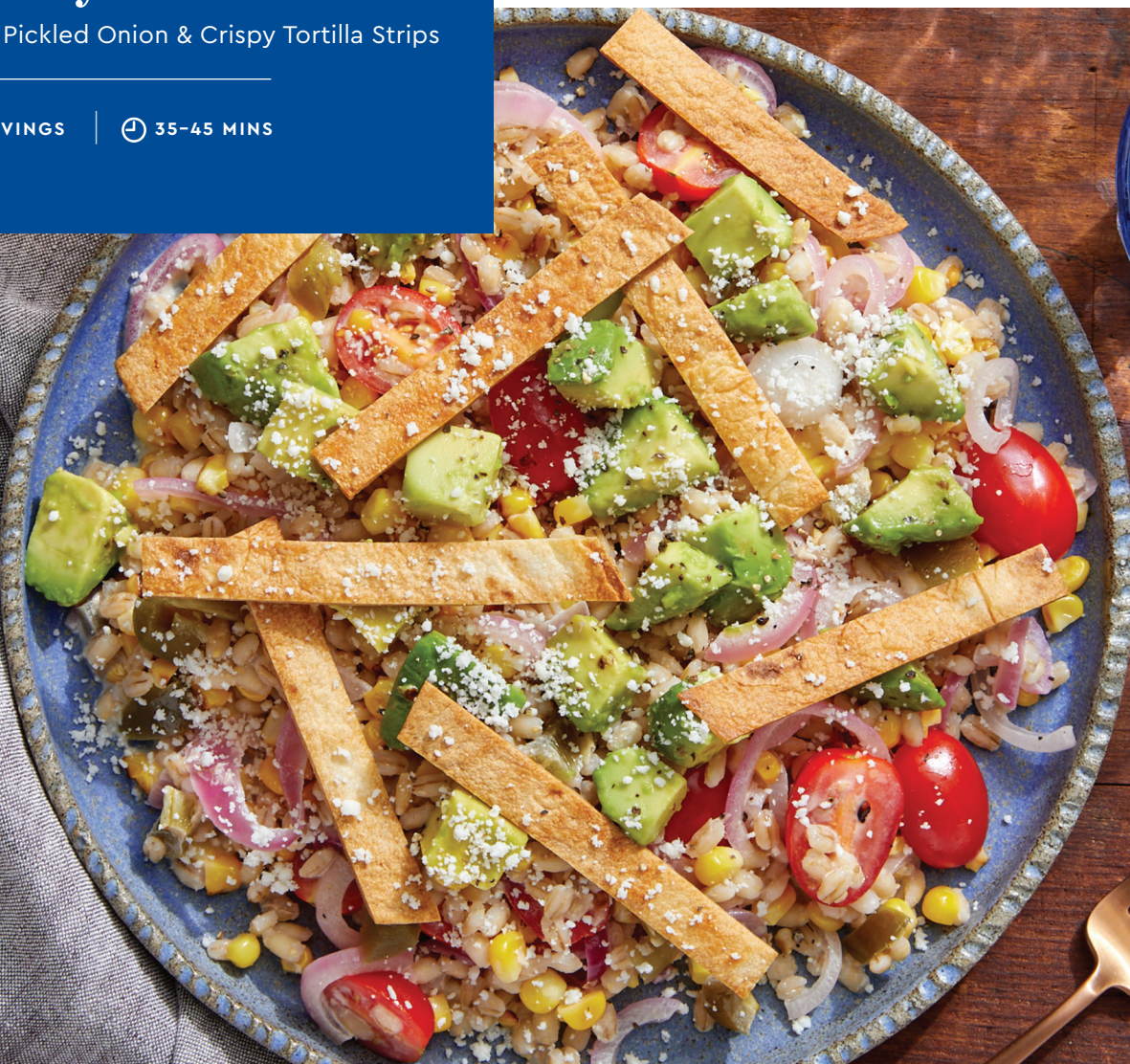
Corn, Avocado & Barley Bowl

with Pickled Onion & Crispy Tortilla Strips

2 SERVINGS













⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



These hearty barley bowls are packed with zesty, Tex-Mex flavors and varied textures of sweet corn, juicy fresh tomatoes, tangy pickled onion, and jalapeño pepper (for just a bit of heat).

Ingredients

-  ¾ cup Pearled Barley
-  4 Flour Tortillas
-  2 ears of Corn
-  1 Red Onion
-  1 Lime
-  1 Avocado
-  4 oz Grape Tomatoes
-  1 Tbsp Sugar
-  1 Tbsp Apple Cider Vinegar
-  2 Tbsps Grated Cotija Cheese
-  1 oz Sliced Pickled Jalapeño Pepper
-  2 Tbsps Mayonnaise

Wellness at Blue Apron

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VEGETARIAN



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.
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1 Cook the barley

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Once boiling, add the **barley**. Cook, uncovered, 28 to 30 minutes, or until tender. Turn off the heat.
- Drain thoroughly and return to the pot.



2 Prepare the ingredients

- Meanwhile, wash and dry the fresh produce.
- Halve the **lime** crosswise.
- Stack the **tortillas**; halve lengthwise, then cut crosswise into $\frac{1}{2}$ -inch-wide strips.
- Halve, peel, and thinly slice the **onion**.
- Remove the husks and silks from the **corn**; cut the kernels off the cobs.
- Halve the **tomatoes**. Place in a bowl; season with salt and pepper.
- Halve and pit the **avocado**; using a spoon, remove the avocado from the skin, then medium dice. Place in a bowl and top with **the juice of 1 lime half**; season with salt and pepper.
- Roughly chop the **pepper**. Thoroughly wash your hands immediately after handling.



3 Pickle the onion

- In a small pot, combine the **sliced onion, sugar, vinegar,** and $\frac{1}{2}$ **cup of water**; season with salt and pepper. Heat to boiling on high.
- Once boiling, reduce the heat to medium-high. Cook, stirring occasionally, 2 to 3 minutes, or until the sugar has dissolved. Turn off the heat. Set aside to cool at least 10 minutes.



4 Make the crispy tortilla strips

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **tortilla strips**. Cook, without stirring, 3 to 4 minutes, or until lightly browned; season with salt and pepper. Continue to cook, stirring occasionally, 3 to 4 minutes, or until golden brown and crispy.
- Transfer to a paper towel-lined plate; immediately season with salt.
- Wipe out the pan.



5 Finish & serve your dish

- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer; season with salt and pepper. Cook, without stirring, 2 to 3 minutes, or until lightly browned (be careful, as the corn may pop as it cooks). Turn off the heat.
- To the pot of **cooked barley**, add the **pickled onion** (including any liquid), **seasoned tomatoes, cooked corn, mayonnaise, the juice of the remaining lime half,** and **as much of the chopped pepper as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.
- Serve the **finished barley** topped with the **seasoned avocado, crispy tortilla strips, and cheese**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 980, Total Carbohydrates: 137g, Dietary Fiber: 24g, Added Sugars: 7g, Total Fat: 44g, Saturated Fat: 8g, Protein: 21g, Sodium: 1650mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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