

Purple Barley "Fried Rice"

with Marinated Apple

TIME: 40-50 minutes

SERVINGS: 2

Classic fried rice gets a few exciting updates in this recipe. Instead of rice, we're using purple barley—a unique grain with hearty texture and striking color. For a seasonal finish, we're topping off each bowl with crisp, sweet marinated apple.



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Light & Bright

Serve a bottle with this symbol for a great pairing.



Ingredients



1 cup
PURPLE PRAIRIE
BARLEY



2
CAGE-FREE
FARM EGGS



10 oz
BABY BOK CHOY



1
APPLE



2
SCALLIONS



6 oz
CARROTS



1 clove
GARLIC

KNICK KNACKS:



2 Tbsps
SOY SAUCE



1 1-inch piece
GINGER



1 Tbsp
SESAME OIL



1 Tbsp
MIRIN



1 Tbsp
SAMBAL OELEK



3 Tbsps
ROASTED
PEANUTS



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1 Cook the barley:

- ☐ Heat a medium pot of salted water to boiling on high. Once boiling, add the **barley** and cook, uncovered, 32 to 34 minutes, or until tender. Drain thoroughly.

2 Prepare the ingredients:

- ☐ While the barley cooks, wash and dry the fresh produce.
- ☐ Core and small dice the **apple**.
- ☐ Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and green tops.
- ☐ Peel and finely chop the **garlic** and **ginger**. Peel the **carrots**; thinly slice into rounds.
- ☐ Cut off and discard the root end of the **bok choy**; roughly chop.
- ☐ Crack the **eggs** into a bowl; season with salt and pepper. Beat until smooth.
- ☐ Roughly chop the **peanuts**.



3 Marinate the apple:

- ☐ While the barley continues to cook, in a medium bowl, combine the **diced apple**, **mirin**, **sliced white bottoms of the scallions**, and **half the sesame oil**. Season with salt and pepper.
- ☐ Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

4 Cook the vegetables:

- ☐ While the apple marinates, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **chopped garlic and ginger** and **sliced carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- ☐ Add the **chopped bok choy**. Cook, stirring occasionally, 1 to 2 minutes, or until the leaves are wilted.



5 Add the eggs:

- ☐ Using a spoon, move the **cooked vegetables** to one side of the pan. Add the **remaining sesame oil** to the other side; add the **beaten eggs**. Cook, constantly stirring the eggs, 30 seconds to 1 minute, or until cooked through.
- ☐ Stir the vegetables and eggs to thoroughly combine. Transfer to a large bowl. Season with salt and pepper to taste. Wipe out the pan.



6 Finish & serve your dish:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **cooked barley** in an even layer. Cook, without stirring, 2 to 3 minutes, or until slightly crispy.
- ☐ Turn off the heat. Stir in the **soy sauce** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be.
- ☐ Transfer to the bowl of **cooked vegetables and eggs**; stir to combine. Season with salt and pepper to taste.
- ☐ Serve the finished barley topped with the **marinated apple**, **chopped peanuts**, and **sliced green tops of the scallions**. Enjoy!