



Recipe name: Black barley, SunBlush® tomato and mozzarella

Serves: 2

Ingredient	Measurement	Weight
Black barley (CER052)	g	50
Yellow SunBlush® cherry tomato (TOM123)	g	30
Red and yellow marinated pepper (PEP230)	g	25
Mozzarella pearls (CHE322)	g	25
Mixed salad leaf	g	25
Chopped pistachios (SEE005)	g	15
Purple amaranth	g	10
Dressing		
Olive oil (EVO203)	ml	60
Lemon juice (JUI001)	ml	20
Char-roasted garlic (FRZ613)	g	10
Wholegrain Mustard (MST696)	ml	5

Method

1. Put barley in a saucepan with 4 cups water and bring to a gentle boil. Lower the heat, cover pan with a lid and cook gently for about 45 minutes, until tender, but still with some chew. Drain in a sieve, rinse with warm water and drain again.
2. Whisk oil, lemon juice, mustard and salt together. Add pepper to taste and garlic. Transfer barley to a bowl and stir through the dressing, tomatoes, ¾ of

the pistachios and peppers. Top with torn mozzarella, pistachios and purple amaranth.