

Black Barley, SunBlush Tomato & Mozzarella Salad

YOU WILL NEED

50g black barley (CER052)
30g yellow SunBlush® cherry tomato
(TOM123)
25g red and yellow marinated pepper
(PEP230)
25g mozzarella pearls (CHE322)
25g mixed salad leaf
15g chopped pistachios (SEE005)
10g purple amaranth

Dressing:

60ml olive oil (EVO203)
20ml lemon juice (JUI001)
10g char-roasted garlic (FRZ613)
5ml wholegrain mustard (MST696)



SERVES 2
APPROX 1 HOUR

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PROCEDURE

Add the barley & 4 cups of water to a pan and bring to the boil. Cover with lid and cook gently for 45 minutes until tender but still with some bite

Drain, rinse with warm water and drain again

Whisk oil, lemon juice and mustard together with a pinch of salt. Add the garlic to taste

Transfer the barley to a bowl mix in the dressing, tomatoes and 3/4 of the pistachios and peppers

Top with torn mozzarella and the rest of the pistachios and peppers



TOP TIP

Why not swap the barley for some of our Merchant Gourmet grain pouches!

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