



# PEARL BARLEY & ASPARAGUS SALAD

*Serves 4 | Can be made in advance | Delicious served warm or at room temperature*



## METHOD

Lightly blanch the peas, broad beans and asparagus and refresh in cold water.

Put the cooked pearl barley, rocket leaves, peas, broad beans, asparagus and tomato halves into bowl.

Dress with oil and lemon juice.

Season with sea salt and pepper and toss together lightly with your fingers. some finely chopped parsley, and serve.

## INGREDIENTS

125g (5oz) pearl barley (simmer gently for 25 minutes until tender) or follow the instructions on the packet as some suppliers tell you slightly differently

a handful of rocket leaves

100g (4oz) peas

100g (4oz) broad beans

one bunch of asparagus spears

a good handful of cherry tomatoes, halved

4 tbsp extra virgin olive oil (we use local rapeseed oil)

juice of one lemon

salt and freshly ground pepper