

SALADS

TOMATO, CHICKPEA & BARLEY SALAD



PREP TIME: 15 MINS



COOK TIME: 30 MINS



SERVES: 4-6 SERVINGS



INGREDIENTS

- 1 cup Barley
- 2 cups Canned chickpeas
- 1 pint Cherry tomatoes, halved
- 1 Cucumber, diced
- ½ cup Red onion, finely chopped
- ¼ cup Fresh parsley, chopped
- ¼ cup Fresh mint, chopped
- ⅓ cup Feta cheese
- ¼ cup Extra-virgin olive oil
- 2 tbsp Red wine vinegar
- 1 tsp Dijon mustard

DIRECTIONS

1. Rinse the barley under cold water. In a medium saucepan, combine the barley with 3 cups of water. Bring to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes, or until the barley is tender but still chewy. Drain any excess water and let it cool.
2. Drain and rinse the chickpeas thoroughly.
3. In a large mixing bowl, combine the cooked barley, chickpeas, cherry tomatoes, cucumber, red onion, parsley, and mint.
4. In a small bowl, whisk together the extra-virgin olive oil, red wine vinegar, Dijon mustard, salt, and pepper. Adjust the seasoning to your taste.
5. Pour the dressing over the barley and chickpea mixture. Toss everything together until well coated.
6. Gently fold the feta into the salad.
7. For enhanced flavors, refrigerate the salad for at least 30 minutes before serving.
8. Before serving, taste and adjust the seasoning if necessary. Serve the salad at room temperature or slightly chilled. Optionally, squeeze fresh lemon juice over the top just before serving.



Hinterland
FLOUR MILL