

Barley salad with sweet corn, roasted capsicum and feta

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Time to make: 40 mins

Total cost: \$13.40 / \$3.35 per serve

(at time of publication)

Full ingredients list:

1 cup (200g) pearl barley
2 corn cobs, husks and silks removed
200g green beans, trimmed, sliced
200g store-bought roasted red capsicum, sliced
75g baby spinach
4 shallots, trimmed, thinly sliced
2 tablespoons chopped flat-leaf parsley
2 tablespoons currants
2 teaspoons olive oil
1 tablespoon lemon juice
50g reduced-fat feta, crumbled

Nutritional information (per serve)

Kilojoules	1,450kJ
Calories	481cal
Protein	13.7g
Total fat	6.6g
Saturated fat	1.8g
Carbohydrates	51.5g
Sugars	9.4g
Dietary fibre	12.9g
Sodium	162mg
Calcium	124mg
Iron	4.7mg

Instructions

- Step 1** Cook the barley in a large saucepan of boiling water over medium-high heat for about 25 minutes, or until al dente. Drain.
- Step 2** Steam, boil or microwave corn cobs for 5 minutes, or until tender. Add beans in the last 2 minutes of cooking time. Refresh under cold running water; drain. Using a sharp knife, cut kernels from the corn cobs.
- Step 3** Combine barley, corn, beans, capsicum, spinach, shallots, parsley and currants in a large bowl. Add olive oil and lemon juice; toss to combine. Season with cracked black pepper. Top with crumbled feta and serve.

About this recipe

Recipe by: Chrissy Freer

First published: November 2016

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