

Pomegranate & barley tabouli salad



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Preparation 20 mins | Cooking 25 mins | Serves 4-6 as a side dish

This is a great salad to serve as a side dish with any barbecued meat, chicken or fish.

- 1 cup pearl barley, rinsed
- 2 cups firmly packed flat-leaf parsley leaves, roughly chopped
- ½ cup mint leaves, roughly chopped
- 3 green onions (shallots), trimmed and thinly sliced
- 200g mixed grape or cherry tomatoes, halved
- ⅓ cup shelled pistachios, roughly chopped
- ⅓ cup currants
- ½ pomegranate, seeds removed
- 100g Persian feta, roughly crumbled
- 2 tbs extra virgin olive oil
- 2 tbs lemon juice

STEP 1 Bring 6 cups water to the boil in a medium saucepan over high heat. Add barley and bring to the boil then reduce heat and simmer for 20-25 minutes until tender. Drain and refresh in cold water. Set aside to dry and cool for 10 minutes then place into a large bowl.

STEP 2 Add parsley, mint, green onions, tomatoes, pistachios, currants, feta and pomegranate seeds to barley. Drizzle with oil and lemon juice. Add feta. Season with salt and pepper to taste. Gently toss to combine and serve.

Good for you... **TOMATOES**

Tomatoes are the richest food source of lycopene, a member of the carotenoid family which is important for the health of the prostate gland. The redder the tomato, the higher its lycopene content.

