

# Charred broccoli, spinach & pearl barley salad



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Preparation 20 mins | Cooking 40 mins | Serves 4

1 tbs olive oil + olive oil spray  
¾ cup pearl barley, rinsed  
500g broccoli, trimmed and cut into bite-sized florets  
2 stems celery, finely chopped  
2 green onions (shallots), trimmed and thinly sliced  
75g baby spinach leaves  
½ cup roasted almonds, chopped  
1 tbs extra virgin olive oil  
½ small pomegranate, seeds removed

### Yoghurt & mint dressing:

½ cup Greek-style natural yoghurt  
½ cup mint leaves, finely chopped  
1 garlic clove, crushed  
2 tbs lemon juice

**STEP 1** Heat oil in a small saucepan over medium heat. Add pearl barley and toast, cook, stirring, for 4-5 minutes until golden. Add 3 cups water to the pan. Season with salt to taste. Bring to the boil. Reduce heat and gently simmer for 25-30 minutes until pearl barley is tender. Drain and set aside to cool.

**STEP 2** Meanwhile, bring a saucepan of salted water to the boil over high heat. Plunge broccoli into the pan, cover and bring to the boil. Uncover and cook for 1 minute until broccoli is vibrant. Drain and rinse in cold water until cold. Set aside to drain and dry.

**STEP 3** Heat a char-grill over medium-high heat. Spray broccoli with oil and char-grill in batches for a few minutes each side until lightly charred. Set aside to cool.

**STEP 4** Place pearl barley into a large bowl. Add broccoli, celery, green onions, spinach and almonds. Gently toss to combine.

**STEP 5** To make the yoghurt & mint dressing, combine all ingredients in a bowl. Season with salt and pepper to taste. Mix until well combined.

**STEP 6** Drizzle salad with extra virgin olive oil. Serve with the yoghurt & mint dressing and a sprinkle of pomegranate seeds.