

Zingy barley, squash and parsley salad

Serves four

Takes about 1 hour

Uses 1 pot



Ingredients

150g pearl barley

2 small or one large squash (1.6k - 2.0kg), chopped into 1cm chunks

1 tablespoon olive oil

2 teaspoons ground coriander

1 tablespoon nigella seeds

100g chopped almonds

150g chopped dried apricots

100g flat leaf parsley, chopped

1/2 red onion, finely chopped

10 cardamon pods, seeds only, ground

1 clove garlic, crushed

1 lemon, zest and juice

3 tablespoons olive oil

Directions

Pre-heat the oven to Gas Mark 8, 450°F, 232°C, 212°C fan.

Put the barley in a pan with lots of water and simmer for 1 hour.

Mix the diced squash with 1 tablespoon olive oil, the ground coriander and nigella seeds, cook in the oven for 40 minutes.

Mix the almonds, apricots, parsley and red onion in a bowl. Mix the cardamon, garlic, lemon and olive oil in a bowl/mug/jar to make the dressing. When cooked, add the barley and squash to the bowl, then mix in the dressing. Combine it all well and serve.