

**Recipe by Chef Dale Sniffen**

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## **Multi Whole Grain Barley Salad**

Enough for 10 serves

### **Ingredients**

1/2 Cup pearl barley

1/2 Cup multi colour quinoa

1/2 Cup Pearl Couscous

3 Cup water

2 Raw corn kernels

1 tin Kidney beans

2 Carrots finely grated

1 Cucumber, no seeds diced

2 Cups Italian Parsley, chopped

1/4 Cup Sun-dried Tomato strips

1/4 Cup dried Cranberries

1/4 cup Preserved Lemons, minced

### **Method**

- Simmer Barley in lightly salted water for 12 minutes
- Add quinoa and couscous, cook for 10 minutes
- Strain grains allow to cool completely
- Combine all the salad ingredients including mixed grains
- Toss the dressing through the salad

### **Basic Olive oil and vinegar dressing**

2 tbs White vinegar 6.5% acid

6 tbs Extra virgin olive oil

Whisk olive oil through vinegar vigorously

