
CHEF DALE SNIFFEN RECIPE

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Raw Cauliflower, Edamame Bean and Barley Salad

Makes: 8 to 10 serves
Preparation time 20 minutes

Prep list

1/2 Cauliflower roughly diced into small pieces
1 Cucumber, seeds removed, diced
250gm Edamame beans, thawed
4 Shallots, finely sliced
2 Carrots, grated
400gm Chickpeas, drained
100gm Sun-dried tomato strips
2 Cups Italian Parsley, chopped
1 cup Cooked Pearl barley
150gm Mundella Marinated Feta, crumbs
1 Punet Mini Roma Tomato, diced
4 Tbsp Seeded Mustard
1/4 cup White Balsamic Vinegar
1/2 cup Extra virgin Olive oil

Method

Toss everything in a large mixing bowl and go for it!!! to combine well. That it!! Lasts up tp 5 Days @ 5 C