Lunch

Barley Bowl with Lemon Yoghurt Dressing

A fresh, hearty bowl of pearl barley tossed with crisp vegetables, herbs and tender salmon or chicken, all brought together with a tangy lemon yoghurt dressing.



Nut free

15 min	367	31 g	7.5 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 1 cup mixed salad leaves, torn
- [ ] ½ Lebanese cucumber, chopped
- [ ] 150 g cherry tomatoes, halved
- [ ] ¼ red onion, finely chopped
- [ ] 1 cup pearl barley, cooked
- [ ] 180 g cooked salmon or chicken, chopped
- [ ] ½ avocado, chopped
- [ ] 2 tbsp continental parsley, finely chopped
- [ ] Dressing
- [ ] ¼ cup reduced fat Greek yoghurt
- [ ] 1 tbsp lemon juice
- [ ] ½ tsp Dijon mustard

Method

- [ ] 1 Whisk the reduced fat Greek yoghurt, lemon juice and Dijon mustard in a small bowl until smooth, then set the dressing aside.
- [ ] 2 Tip the cooked pearl barley into a large mixing bowl.
- [ ] 3 Add the torn mixed salad leaves, chopped Lebanese cucumber, halved cherry tomatoes and finely chopped red onion.
- [ ] 4 Fold in the chopped cooked salmon or chicken along with the chopped avocado.
- [ ] 5 Pour the dressing over the salad and toss gently until everything is evenly coated.
- [ ] 6 Scatter the finely chopped continental parsley over the top and serve.

Nutrition Facts

Per serving

Calories	**367**
Total fat	8.6 g
Saturated fat	2.1 g
Sodium	155 mg
Total carbs	31 g
Fiber	Not listed
Total sugars	7.5 g
Protein	34 g

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