

# Persian-Spiced Barley and Mandarin Salad

## **INGREDIENTS:**

- 1 & ½ cups pearl barley
- 1 Litre vegetable stock
- 1 tbsn extra virgin olive oil
- 1 large brown onion, thinly sliced
- 1 teaspoon garam masala
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- 3 (270g) mandarins, peeled, sliced into rounds (see notes)
- ¼ cup roughly chopped fresh coriander leaves, plus extra sprigs to serve
- ½ cup dried cranberries

## **MANDARIN VINAIGRETTE**

- 1 Teaspoon mandarin zest
- 2 tablespoons mandarin juice
- ¼ cup extra virgin olive oil
- 1 tbsn white wine vinegar
- 1 teaspoon honey

## **METHOD:**

### **Step 1:**

Place barley and stock in a medium saucepan.  
Bring to the boil over high heat.  
Reduce heat to medium, simmer for 35 minutes or until tender.  
Drain, Cool for 20 minutes.

### **Step 2:**

Meanwhile, make Mandarin Vinaigrette: Whisk mandarin zest and juice, oil, vinegar and honey. together in small jug.

### **Step 3:**

Heat oil in a frying pan over medium heat.  
Add onion, Cook for 8 minutes or until light golden.  
Add spices.  
Cook, stirring, for 2 minutes or until fragrant.  
Add barley, slice mandarin, coriander, and ½ of the cranberries.  
Drizzle with dressing, season with salt and pepper.  
Toss to combine.

### **Step 4:**

Transfer salad to a serving plate.  
Sprinkle with remaining cranberries and extra coriander sprigs.  
Serve

