



Sticky Five-Spice fig and Barkley Salad

SERVES: 4

INGREDIENTS:

- $\frac{3}{4}$ cup pearl barley, rinsed
- 1 bunch asparagus, trimmed, halved lengthways
- 3 tsp brown sugar
- $\frac{1}{4}$ tsp Chinese five-spice powder
- 4 small figs, halved
- 2 tsp orange zest
- $\frac{1}{4}$ cup orange juice
- 1 tbsp vegetable oil
- 1 cm piece fresh ginger, peeled, finely grated
- 2 tsp salt-reduced soy sauce
- $\frac{1}{2}$ small red onion, thinly sliced into rings
- 60g mixed salad leaves
- $\frac{1}{4}$ cup fresh flat-leaf parsley leaves



METHOD:

1. Place barley and 3 cups water in a saucepan over high heat. Bring to the boil.
2. Reduce heat to low. Simmer for 25-30 minutes or until tender and liquid is almost absorbed.
3. Drain. Rinse under cold water. Drain. Transfer to a large bowl
4. Heat a chargrill pan over medium-high heat. Add asparagus to pan. Chargrill, turning, for 2 minutes or until beginning to char. Transfer to a large plate
5. Combine 2 tsp sugar and five-spice powder in a small bowl. Place fig, cut-side up, on a large plate. Lightly sprinkle with spice mixture.



6. Place fig, cut-side down, in pan. Chargrill for 1-2 minutes or until beginning to char. Transfer to plate
7. Whisk orange zest and juice, oil, ginger, soy sauce and remaining sugar together in a small bowl until sugar dissolves
8. Add asparagus, figs, onion, salad leaves and parsley to barley. Add dressing. Season with salt and pepper. Toss to combine. Serve