



GRAIN SALAD

Thanks to Ed and Elsa's mum, Sarah Boswell, for this recipe



INGREDIENTS

- 150g pearl barley or other grain
- 105g French style green lentils
- 4 spring onions
- 1 small handful parsley
- 2 teaspoons currants
- 1 teaspoon dried cranberries
- 2 ½ tablespoons olive oil
- 1 lemon
- 1 teaspoon sea salt
- 1 teaspoons ground cumin
- 1 tablespoon sunflower seeds
- 1 tablespoon pumpkin seeds
- 1 tablespoon pomegranate seeds (optional)

FROM THE GARDEN

- Spring onions
- Coriander
- Parsley
- Lemons

EQUIPMENT

- Large saucepans
- Chopping boards
- Sharp knives
- Citrus juicer
- Frying pans
- Large bowl
- Wooden spoon

INSTRUCTIONS

1. Cook the barley and lentils according to their packet instructions. Set aside to cool.
2. Finely slice the spring onions.
3. Pick the leaves from the parsley and finely chop.
4. Using a vegetable peeler, remove the lemon rind. Finely slice the rind into very thin strips. Alternatively use a fine grater.
5. Juice the lemon.
6. Finely dice the currants and cranberries.
7. Toast the cumin in a dry frying pan until fragrant.
8. Dry toast the sunflower and pumpkin seeds in a frying pan.
9. When the barley and lentils are at room temperature mix them in a large bowl. Add spring onions, parsley, lemon rind, currants, olive oil, lemon juice, salt and cumin.
10. Fold the sunflower and pumpkin seeds through the salad.
11. Serve, sprinkled with pomegranate seeds, if using.

