

DINNERLY



 HEALTHY

Summer Barley Salad with Fennel, Peach and Feta



20-30 minutes



4 Servings

Combining quick-pickled fennel, sweet sliced peaches, fragrant mint leaves, toasty almonds, creamy feta and nutty barley, this summertime salad is equal parts healthy and downright delicious.

WHAT WE SEND

- 2 peaches
- 40g slivered almonds ¹⁵
- 2 baby fennels
- 250g pearl barley ¹
- mint
- 100g feta ⁷

WHAT YOU NEED

- Dijon mustard ¹⁷
- Australian honey
- olive oil
- salt
- white wine vinegar ¹⁷

TOOLS

- medium saucepan with lid
- sieve
- small frypan

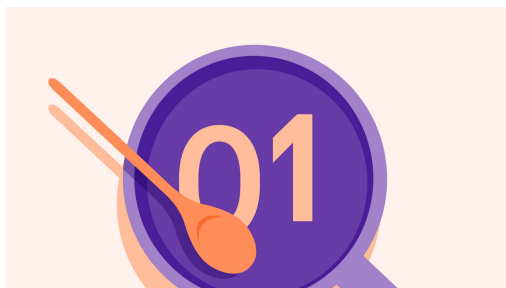
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

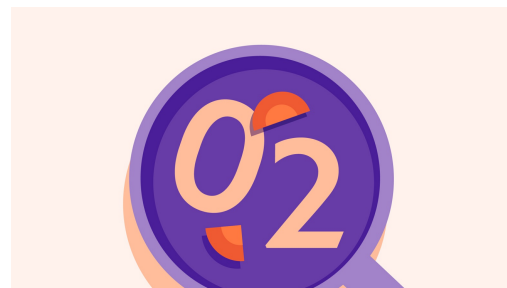
NUTRITION PER SERVING

Energy 485kcal, Fat 22.3g, Carbs 51.9g, Proteins 13.1g



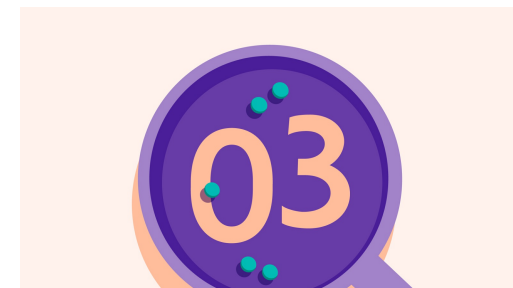
1. Pickle fennel

Bring a medium saucepan of water to the boil for the barley. Crush or finely chop **2 garlic cloves**. Trim and thinly slice the **fennel** (see Kitchen hack). Combine the **garlic, 60ml (¼ cup) white wine vinegar, 1 tbs honey** and **¼ tsp salt** in a large bowl. Add the **fennel**, toss to combine and set aside to pickle until needed.



2. Cook barley

Add the **barley** to the pan of boiling water, reduce the heat to medium and cook for 25 mins or until tender. Drain.



3. Toast almonds

Meanwhile, put the **almonds** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove the pan from the heat.



4. Combine salad

Cut the **peaches** into thin wedges, discarding the stones. Roughly chop the **mint leaves**, discarding the stems. Drain the **pickled fennel**, reserving the **pickling liquid** for the dressing. Combine the **pickled fennel, barley, peach** and **mint** in a large bowl.



5. Serve up

Add **2 tbs olive oil** and **2 tsp Dijon mustard** to the **reserved pickling liquid** and stir well to combine. Drizzle over the salad, toss to combine, then divide among bowls. Crumble over the **feta** and scatter over the **almonds**, then enjoy.



6. Kitchen hack

For wafer-thin slices of fennel, use a mandoline instead of a knife. Like it spicy? Add a pinch of dried chilli flakes to the pickling liquid.