



Chickpea Barley Mushroom salad (HS)

Serving: 1

Non Veg

Ingredients

- Kabuli chana (raw) - 2 tbsp
- Cooked barley (jau) - 2 tbsp
- Sliced Mushrooms - 5
- Sliced Cucumber - $\frac{1}{2}$
- Tomato 1 small size
- spring onion finely chopped - 2 tbsp
- Balsamic vinegar - $\frac{1}{2}$ tsp
- lemon juice - 1 tsp
- salt and black pepper powder as per taste
- oil $\frac{1}{2}$ tsp

Preparation Method

- Take soaked kabuli chana with water add pinch of salt and pressure cook for 2 whistle or 3 whistle till kabuli chana are properly cooked
- Allow the steam to escape then drain the kabuli chana
- cook barley separately till it get soft
- Take kabuli chana ,mushrooms ,tomatoes,spring onions ,barley ,cucumber mix all the ingredients well refrigerate
- Add olive oil,lemon juice ,vinegar,balsamic pepper salt toss well before serving
- serve chilled