



Barley Pilaf (OP I)

Serving: 1

Veg

Ingredients

- -2 tbsp raw barley
- -1 tbsp brown rice
- -1-2 cups water(as required)
- -2 tsp lemon juice
- -3 tbsp onion, finely chopped
- - 2 tbsp chooped capsicum
- -1 tsp olive oil
- -salt and pepper to taste
- -2 tbsp chopped fresh parsley
- -2- walnuts, coarsely chopped
- **-Optional: (dried cranberries greens for serving)**

Preparation Method

- -in medium saucepan with lid, bring water to a boil. Add barley, rice and salt; return to boil. Reduce heat to low, cover and cook about 10-12 minutes or until barley is tender but chewy.
- -Drain any excess liquid from cooked barley and rice mixture. Place barley and wild rice in large bowl.
- -Mix the with lemon juice and onion. Whisk in olive oil and season to taste with salt and pepper. Pour dressing over barley mixture. Add chopped parsley and toasted walnuts; mix well.
- -Serve at room temperature or chilled.