



Barley Corn Salad (HS)

Serving: 1

Veg

Ingredients

- Serves 1
- 2 tbsp barley (jau), washed & properly drained
- 2 tbsp sweet corn kernels
- 3 tbsp finely chopped red & yellow capsicum
- 1 tbsp chopped fresh coriander leaves
- 2-3 tbsp finely chopped spring onions with greens
- 1 pinch of sugar (optional)
- $\frac{1}{2}$ tsp cumin (jeera) seeds powder
- $\frac{1}{2}$ tsp lemon juice
- Salt to taste

Preparation Method

- Combine barley and corn kernels with $\frac{1}{2}$ cup of water in a pressure cooker and cook for 1 whistle on medium-slow flame.
- Allow the steam to escape before opening the lid. Drain the excess water and keep aside.
- Combine all the other ingredients with cooked barley and corn and mix well.
- Refrigerate it for one hour and serve chilled.