

Quick Cooking Barley Tabouleh Salad

with The Jungle Farm Barley



INGREDIENTS

1 1/4 cup vegetable stock
1 cup quick cooking barley
1/4 cup green onions, sliced
3/4 cup fresh parsley, chopped
3/4 cup fresh mint, chopped
1 cup tomatoes, diced
1/2 cup cucumbers, cubed
1/3 cup oil
2 tbsp lemon juice
1 1/2 tsp oregano leaves
salt and pepper to taste
Optional feta cheese

DIRECTIONS

- Bring stock to boil in sauce pan, stir in quick cooking barley, reduce heat, cover tightly and simmer 10-12 minutes.
- Remove from heat, cool and chill in a refrigerator.
- Mix together all other ingredients, until well incorporated.
- Once barley is chilled, add barley to mixture and combine well.
- Refrigerate at least one hour prior to serving. A longer time period will infuse more flavours into the barley.
- Add optional feta cheese.

TABOULEH WRAP

Place 3-4 tbsp of mixture on four tortilla and wrap tightly. Serve immediately, as liquid can cause the tortilla to be mushy.