



SEP
2016

Warm Barley Salad

with Butter Beans, Avocado, and Burst Tomatoes

We love a good grain salad – it’s all about the mix-ins! Here, we’re tossing together creamy butter beans, silky avocado, and burst tomatoes for a mixture of colours and textures. Torn basil adds a touch of lemony freshness to the dish.



Prep
30 min



level 1



veggie



dairy
free



Pearled Barley



Cherry Tomatoes



Basil



Avocado



Butter Beans



Vegetable Broth
Concentrate



Balsamic Vinegar



Dijon Mustard



Shallot

Ingredients

	2 People	4 People
Pearled Barley	1) 1 pkg (¾ cup)	2 pkg (1½ cups)
Cherry Tomatoes	1 pkg (170 g)	2 pkg (340 g)
Basil	1 pkg (7 g)	2 pkg (14 g)
Avocado	1	2
Butter Beans	1 can	2 can
Vegetable Broth Concentrate	1 pkg	2 pkg
Balsamic Vinegar	2) 1 bottle (2 tbsp)	2 bottle (4 tbsp)
Dijon Mustard	2) 3) 2 pkg (1 tbsp)	4 pkg (2 tbsp)
Shallot	1	2
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Sulphites/Sulfites
- 3) Mustard/Moutarde

Tools

Large pot, Strainer, Large pan, Large bowl, Whisk

Nutrition per person Calories: 620 cal | Fat: 25 g | Sat. Fat: 3 g | Protein: 19 g | Carbs: 81 g | Sugar: 6 g | Sodium: 780 mg | Fiber: 21 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Cook the barley: Place the **barley** in a large pot of **salted water** with the **broth concentrate**. Bring to a boil, then reduce to a simmer for about 25 min, until tender. Drain and set aside.



2 Prep: Meanwhile, **wash and dry all produce**. Halve the **tomatoes**. Drain and rinse the **beans**. Halve, peel, and thinly slice the **shallot**. Finely chop the **basil leaves**.



3 Cook the tomatoes: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the tomatoes and cook, tossing for 4-5 min, until softened. Set aside.

4 Prep the avocado: Halve, pit, and scoop out the **avocado** flesh with a spoon. Thinly slice the avocado.

5 Make the vinaigrette: In a large bowl, whisk together the **Dijon mustard** and the **balsamic vinegar**. Slowly whisk in a drizzle of **oil**. Season to taste with **salt** and **pepper**.



6 Finish and serve: Add the **barley**, **beans**, **avocado**, **tomatoes**, and **shallot** into the dressing. Season with **salt** and **pepper**. Serve the **warm barley salad**, sprinkle with the **basil leaves**, and enjoy!

Ruler

0 in ¼ in ½ in ¾ in 1 in

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca