



Pearl Barley & Chicken Salad

with creamy mustard dressing



2 chicken breasts
450g pumpkin, seeded and cut into 2cm cubes
2 tbsp olive oil
1 cup Burrum Biodynamics Pearl Barley
3 cups water
4 asparagus spears peeled
1 tbsp lemon juice
1 red apple, cored and sliced
1/2 cup continental parsley

DRESSING

1/3 cup sour cream
1 tbsp wholegrain mustard
3 tbsp lemon juice

Pre-heat oven to 180 degrees. Place pumpkin on baking tray and drizzle with oil. Bake pumpkin for approx 30 minutes. Bring water to the boil then simmer pearl barley until tender for approx 30 mins then drain. Chicken breasts can be cooked in oven or fry pan till white through then sliced. In a bowl, baste sliced apple and asparagus with lemon juice to stop browning.

DRESSING

Combine dressing ingredients in a small jug and whisk till mixed. Add baked pumpkin and barley to apple asparagus mixture and place on a serving platter. Top with chicken and continental parsley. Drizzle with dressing to serve.

Serves 4 people.