



**Recipe name:**

Green bean barley, yellow piquanté pepper salad

**Recipe description:**

A nutrient-packed dish with pearl barley, green beans, fresh herbs, olive oil, olives, feta, and sweet PEPPADEW® Yellow Piquanté Peppers.

A rich fibre-filled dish, with pearl barley adding your daily dose of nutrients and minerals. Perfectly balanced green beans, an onslaught of fresh herbs, extra virgin olive oil, salty olives and feta, and delicious, sweet tangy PEPPADEW® Yellow Piquanté Peppers.

**Prep Time**

10 minutes

**Cook Time**

35 minutes

**Serves:**

4

**Made with:**

PEPPADEW® Yellow Piquanté Peppers

**Course:**

Lunch / Dinner / Side

**Occasion:**

Dinner Party

## Ingredients:

- 250g pearly barley grains
- 200g pitted green olives
- 200g feta cheese block
- 200g green beans
- Large bowl of ice water
- 200g mangetout
- Large bunch dill
- Large bunch coriander
- 1x lemon zest
- Large bunch of parsley
- Extra olive oil
- 1x jar PEPPADEW® Yellow Piquanté Peppers
- Salt and pepper to taste

## Method:

1. Boil a large pan of 800ml of water, season with a dash of salt and add 250g of barley to the water. Cover and reduce the heat to medium-low. Simmer until the liquid is absorbed (or mostly absorbed) and the barley is tender with a slightly chewy texture (about 25-30 minutes). Drain and set aside.
2. Wash and trim the beans and mangetout, rinse them in a colander under cool running water and snap off any stems from the green beans. Bring a large pot of salted water to a boil. Set a large bowl of ice water nearby.
3. When the water is boiling, drop the trimmed beans and mangetout into the pot. Cook for 2 minutes, until crisp-tender and vibrant green.
4. Immediately transfer the blanched greens to the bowl of ice water to stop the cooking process. Let them chill for at least 15 seconds; you want them to cool completely. Spread them on a kitchen towel or paper towels to dry and set aside until needed.
5. Finely chop the fresh herbs, slice the pitted olives and slice half the jar of PEPPADEW® Yellow Piquanté Peppers.
6. When ready to put the salad together, add the cooked pearl barley, blanched green beans, mangetout, mixed chopped herbs, olives and chopped PEPPADEW® Yellow Piquanté Peppers to a large salad bowl.
7. Zest a lemon into the bowl, and drizzle generously with extra virgin olive oil.
8. Season with salt and pepper, mix all the ingredients and complete the dish by crumbling feta cheese and adding some whole PEPPADEW® Yellow Piquanté Peppers to the salad before serving.