



### **Fig, Almond & Barley Salad**

Lovely balance of chewy wholegrains with greens, fruit and nuts.

- 1 ½ cups pearl barley or spelt grains
- ¼ cup rice vinegar
- 1/3 cup orange juice
- 2 tablespoons honey or rice malt syrup for a vegan version
- ½ cup currants / sultanas
- ½ cup dried figs, chopped
- 2 spring onions, finely sliced
- 3 large stalks celery, sliced (not too finely and still crunchy)
- ¼ cup good-quality olive oil
- 1 tablespoon lemon zest
- 1 cup roasted almonds, roughly chopped
- Handful fresh parsley and / or mint, finely chopped
- Flaky sea salt
- Freshly-ground black pepper, to taste

1. Rinse barley and soak overnight. When you're ready to make the salad, rinse well and bring to the boil in lightly salted water. Turn the heat down to low and partially cover the pot. Cook for around 45 minutes, or until soft, but still chewy. Don't over cook the grain.
2. While the barley is cooking, make the dressing by whisking the vinegar, orange juice and honey together in a small saucepan. Bring to a simmer and add the currants and chopped figs. Turn off the heat and let the fruit steep in the dressing while it cools.
3. Mix the sliced onions and celery in a large bowl. Drain the barley and add to the bowl with the onion and celery. Toss with the olive oil and lemon zest. Add the dressing and mix everything together.
4. Toss with the toasted almonds, chopped herbs. Season with pepper and salt. Let the salad stand at room temperature for at least one hour before serving to allow the flavours to develop.

*Adapted from a Kitchn recipe.*