

Chicken Barley Salad

energy	protein	fat	carb	fibre	sodium	per portion
1503kJ	26g	9g	43g	1g	282mg	

Serves: 4

1 cup pearly barley
Olive oil
250g button mushrooms, roughly chopped
1 leek, finely chopped
Zest and juice of one lemon
1 clove garlic, roughly chopped

100g baby spinach leaves, rinsed
200g shredded leftover chicken
15g mint leaves, roughly chopped
15g flat leaf parsley, roughly chopped
15g basil, roughly chopped

←
Try this!

READER'S LUNCH

Dorothy Du Preez's
"Chicken salad
and 2 slices
of toast"

Method:

Cook barley, then remove from heat, drain and set aside.

Fry mushrooms and leeks in a little olive oil until golden.

Add garlic and saute for 30 seconds, until just fragrant.

Add lemon juice and zest and cook for a further minute or two.

Turn off the heat, add the baby spinach and allow to wilt.

Finally, add the drained barley, shredded chicken and herbs to the pan and toss all the ingredients until well combined.

Transfer the warm barley salad onto a platter and serve.

Top tip:

Barley is an excellent example of a high-fibre grain that can be used to help thicken soups and stews over winter.

Pick n Pay

Inspired by you

Health hotline

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