



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.*

Ruler

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**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!

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