

Starfrit : Layered vegetarian salad full of freshness

Recipe for 4 persons

Description

No problem whatsoever bringing this vegetarian salad to work with you for a healthy lunch packed with freshness, thanks to the Lock&Lock Starfrit glass container.

Ingredients

Salad garnishes

- 1 Unit(s) Green apple
- 2 Tray(s) Cherry tomatoes
- 1 Unit(s) Cucumber
- 2 Unit(s) Yellow pepper
- 15 Sprig(s) Chives
- Salt and pepper

Barley

- 1 Cup(s) Pearled barley
- 1 Liter(s) Vegetable stock
- Salt and pepper

Vinaigrette

- 1 Cup(s) Plain greek yogurt 0%
- 1 Tbsp Dijon mustard
- 3 Tbsp White balsamic vinegar
- 0.25 Cup(s) Pumpkin seed
- 3 Tbsp Water
- 1 Unit(s) Lemon juice
- 1 Unit(s) Lime zest(s)
- Salt and pepper

Preparation

- Preparation time **20 mins**

Preparation

Clean the produce and pat dry with a rag.

Remove the seeds from the peppers and cut into strips. Make small cubes from the granny smith apples. Set aside with a splash of lemon juice to avoid oxydizing.

Cut the cherry tomatoes in 2. Slice the cucumber into slices.

Set all the produce aside in the fridge until ready to use.

Barley

In a sauce pot with the vegetable stock, bring the barley to a boil. Lower the heat and let cook for roughly an hour or until cooked through. Strain and set aside in the fridge.

Vinaigrette

Combien all of the vinaigrette ingredients in a mixing bowl and season to taste with salt and pepper.

Plating

Make a bed of barley at the bottom of your dish. Alternatively place all of the other ingredients on top of the barley so as to make a nice colorful bed.

Drizzle the vinaigrette on top and then all you need to do is mix well when ready to eat!

Bon appétit!