

## Barley Salad

2 cups barley  
6 cups vegetable stock  
1 large fennel bulb or 1 brown onion  
1 cup currants  
1 cup slivered almonds, toasted  
1 cup flat leaf parsley, chopped roughly  
1/2 cup mint, chopped  
2 tablespoons green tomato chutney or other relish with a bit of heat  
1/2 cup feta  
Olive oil  
Lemon juice  
Salt

Preheat oven to 180 degrees

Cook your barley in vegetable stock until al dente. Follow the instructions on your packet for the grains. A rough guide is 3 cups of water or stock to 1 cup of barley. Simmer over medium heat until the grains are cooked, drain and rinse. Set aside to room temperature.

Meanwhile slice the fennel into thin pieces and roast in the oven with a good drizzle of olive oil until caramelised, about 30mins.

When you are ready to put together take the cooled barley, caramelised fennel or onion and add currants, almonds and herbs and mix together until well combined. Tip onto serving plate or dish.

Dot with relish and crumble feta over the top.

Drizzle with lemon, olive oil and a good pinch of salt.

Serve at room temperature.

