



Cooking Made Easy

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Warm Grain Salad

with Barley, Avocado & Burst Tomatoes



We love a good grain salad – it's all about the mix-ins! Here, we're tossing in creamy butter beans, silky avocado, and burst grape tomatoes for a fun mix of colors and textures. Torn basil adds a touch of lemony freshness for the perfect finish.



30 min



level 1



nut free



vegan



Pearl Barley



Grape Tomatoes



Shallot



Basil



Avocado



Butter Beans



Balsamic Vinegar



Stock Concentrate



Dijon Mustard

Ingredients

	2 People	4 People
Pearl Barley	1) ¾ C	1 ½ C
Grape Tomatoes	1 bunch	2 bunches
Shallot	1	2
Basil	1 bunch	2 bunches
Avocado	1	2
Butter Beans	1 can	2 cans
Stock Concentrate	1	2
Balsamic Vinegar	2 T	4 T
Dijon Mustard	1 T	2 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

Tools

Medium Pot, Medium Bowl, Strainer

Ruler

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Nutrition per person Calories: 753 cal | Carbs: 117 g | Fat: 26 g | Protein: 24 g | Fiber: 31 g



1 Place **barley** in a large pot with 4 cups of **water**, **stock concentrate**, and a large pinch of **salt**. Bring to a boil, reduce to a simmer, and cook for about 20 minutes, until tender. Drain and set aside.



2 Meanwhile, halve the **tomatoes**. Tear the **basil leaves**. Drain and rinse the **butter beans**. Thinly slice the **shallot**.



3 Heat ½ tablespoon **olive oil** in a small pan over medium heat. Add the tomatoes and season with **salt** and **pepper**. Cook, tossing, for about 5 minutes, until slightly softened. Set aside.

4 Meanwhile halve, and pit the **avocado**. Scoop out the flesh with a spoon and thinly slice. **HINT:** You can slice the avocado halves in the skin with a paring knife and use a spoon to scoop out the slices!



5 In a medium bowl, whisk together ½ tablespoon **dijon mustard** (or more to taste), 2 tablespoons **balsamic vinegar**, and 1 ½ tablespoons **olive oil**. Season with **salt** and **pepper**. Toss in **warm barley**, **avocado**, **butter beans**, **shallot**, and **tomatoes**. Taste and season with **salt** and **pepper**.

6 Serve the warm salad with **torn basil** on top!