



More than Food

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Barley and Avocado Salad

with Butter Beans, Tomatoes, and Fresh Basil

For a truly delicious grain salad, it's all about the mix-ins! In this recipe, we're adding creamy butter beans, silky avocado, and juicy grape tomatoes for a fun mix of colors, textures, and flavors. Torn basil adds a touch of lemony freshness for the perfect finish.



Pearled Barley



Grape Tomatoes



Shallot



Basil



Avocado



Butter Beans



Vegetable Stock Concentrate



Balsamic Vinegar



Mustard

Ingredients

	2 People	4 People
Pearled Barley	1) ¾ C	1½ C
Grape Tomatoes	3 oz	6 oz
Shallot	1	2
Basil	½ oz	1 oz
Avocado	1	2
Butter Beans	1 can	2 cans
Vegetable Stock Concentrate	1	2
Balsamic Vinegar	2 T	4 T
Mustard	1 T	2 T
Olive Oil*	2 T	4 T

*Not Included

Allergens

1) Wheat

Tools

Medium Pot,
Strainer, Large Bowl

Ruler

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Nutrition per person Calories: 657 cal | Carbs: 97 g | Fat: 25 g | Protein: 19 g | Fiber: 27 g | Sodium: 1022 mg



1 In a medium pot, bring **4 cups water** and the **stock concentrate** to a boil. Meanwhile, halve the **tomatoes**, tear the **basil leaves**, and drain and rinse the **beans**.



2 Add the **barley** to the boiling water and cook for about 20 minutes, until tender. Drain and set aside.



3 Meanwhile, thinly slice the **shallot**. Halve, pit, and thinly slice the **avocado**.



4 Assemble the **barley and avocado salad**: toss the **avocado, barley, beans, shallot**, and **tomatoes** in a large bowl with the **vinegar, mustard**, and **2 Tablespoons olive oil**. Season with **salt** and **pepper**.

5 Serve the **barley and avocado salad** with a sprinkle of **torn basil** and enjoy.