



MAY  
2016

## Warm Barley Salad

with Great Northern Beans, Avocado, and Burst Tomatoes

We love a good grain salad – it’s all about the mix-ins! Here, we’re tossing together creamy great northern beans, silky avocado, and burst tomatoes for a mixture of colors and textures. Torn basil adds a touch of lemony freshness to the dish.



**Prep:** 5 min  
**Total:** 30 min



level 1



veggie



nut free



dairy  
free



Pearled Barley



Grape Tomatoes



Basil



Avocado



Great Northern  
Beans



Vegetable Stock  
Concentrate



Balsamic Vinegar



Dijon Mustard



Shallot

## Ingredients

	2 People	4 People
Pearled Barley	1) ¾ Cup	1 ½ Cups
Grape Tomatoes	4 oz	8 oz
Basil	½ oz	1 oz
Avocado	1	2
Great Northern Beans	1 Can	2 Cans
Vegetable Stock Concentrate	1	2
Balsamic Vinegar	2 T	4 T
Dijon Mustard	1 T	2 T
Shallot	1	2
Olive Oil*	2 T	4 T

\*Not Included

## Allergens

1) Wheat

## Tools

Large pot, Strainer, Large pan, 2 Large bowls, 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

Ruler

0 in ¼ in ½ in ¾ in 1 in



1

**1 Cook the barley:** Place the **barley** in a large pot of **water** with the **stock concentrate** and a large pinch of **salt**. Bring to a boil, then reduce to a simmer for about 25 minutes, until tender. Drain and set aside.



2

**2 Prep the veggies:** **Wash and dry all produce**. Meanwhile, halve the **tomatoes**. Drain and rinse the **great northern beans**. Halve, peel, and thinly slice the **shallot**. Pick the **basil leaves** off the stems.



4

**3 Cook the tomatoes:** Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **tomatoes** and cook, tossing for 4-5 minutes, until softened. Set aside.

**4 Prep the avocado:** Halve, pit, and scoop out the **avocado** flesh with a spoon. Thinly slice the avocado.



6

**5 Make the vinaigrette:** In a large bowl, whisk together **1 Tablespoon Dijon mustard** and the **balsamic vinegar**. Slowly whisk in about **5 teaspoons olive oil**. Season to taste with **salt** and **pepper**.

**6 Toss and serve:** Toss the **vinaigrette** into another large bowl with the drained **barley**, **great northern beans**, **avocado**, **tomatoes**, and **shallot**. Season with **salt** and **pepper**. Serve the **warm barley salad**, topped with the **basil leaves**, and enjoy!

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