



the scoop on nutrition

## **Barley and Nutty Roast Vegetable Salad**

**Serves 6**

**Preparation time: 30 minutes**

**Cooking time: 45 minutes**

### **Ingredients**

500g butternut pumpkin, cut into 2cm chunks  
250g baby beets, trimmed and cut into 2cm chunks  
2 medium carrots, halved lengthwise then cut diagonally into long chunks  
Olive oil spray

1 cup of pearl barley, rinsed

2 medium zucchini, cut into 2cm cubes  
1 small (250g) eggplant, cut into 2cm cubes  
1/3 cup dukkah for sprinkling

1/3 cup light olive oil  
1/4 cup KRAFT Natural Peanut Butter Smooth  
Juice of 1 orange  
1 tablespoon honey

1/4 cup parsley leaves

### **Method**

1. PLACE the pumpkin, beets and carrots onto a paper lined tray. Spray well with oil and bake in a moderate oven 180°C for 20 minutes. Add the zucchini and eggplant to the tray then spray all the vegetables again with oil. Sprinkle liberally with dukkah and bake a further 20-30 minutes or until the vegetables are tender.
2. MEANWHILE cover the barley with water in a medium saucepan. Bring to the boil then simmer for 40-45 minutes or until the barley is tender, drain well and keep warm.
3. TOSS the vegetables through the barley on a serving platter. Whisk together the oil, peanut butter, juice and honey then drizzle over the salad. Sprinkle over the parsley and serve immediately.