



WARM BUTTERNUT SQUASH & PEARL BARLEY

Ingredients

250g Pearl Barley or substitute with Buckwheat or Bulgar wheat
1 butternut squash cut into 1cm cubes - (dont be tempted to substitute with Pumpkin, the butternut squash holds its shape much better)
2 large red onions, chopped into fine wedges
1 tablespoon Capers
Jar of pitted black olive
Jar of sun-dried tomatoes - chopped
a handful of pumpkin seeds
lots of chopped fresh basil
DRESSING
1 tbs Balsamic, 3tbsp Olive oil, 1tsp dijon or wholegrain mustard

Method

1. Roast the butternut squash and onions in a splash of olive oil for 30 minutes at 175°C
2. Cook the barley/buckwheat/bulgar wheat by adding to cold water, bring to the boil and cook until tender, leave to cool
3. Mix the dressing and pour over the barley, then toss all the ingredients together and enjoy as a hot winter warmer or warm summer salad, also very good the next day cold

Notes

This is another, simple and delicious recipe “stolen” from my very good friend Tracey Bell who I teach soap making for in the UK, her lunches are always something to behold!

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This dish works well with other roasted vegetables added too