

Powerful Living: Mindset + Exercise + Recipes

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Barley Roasted Cauliflower And Broccoli Salad

FREE RECIPE FROM *POWERFUL LIVING: TAKE CONTROL, START TODAY* BY MICHELLE BRIDGES, BARLEY, ROASTED CAULIFLOWER & BROCCOLI SALAD, PAGE 124.

There's so much going on in this dish, with the slight sweetness of the roasted veg, the tangy dressing and the little bursts of pine nuts between your teeth. Barley is packed with soluble fibre, and is therefore linked to reduced risk of heart disease. It also works in slowing down the absorption of sugar, lowering the overall GI value of a meal.

366 calories per serve (1531 kj)

SERVES: 2

PREP: 15 minutes

COOK: 25 minutes

100g (1/2 cup) pearl barley
1 teaspoon finely grated lemon zest
250g cauliflower, cut into florets
olive oil spray
250g broccoli, cut into florets
1 teaspoon ground cumin
60ml (1/4 cup) low-cal natural yoghurt
2 teaspoons tahini
1 tablespoon lemon juice
freshly ground black pepper
100g red cabbage, trimmed and finely shredded
1 tablespoon chopped fresh mint
1 tablespoon lightly toasted pine nuts



1. Preheat the oven to 200°C (180°C fan-forced). Line a baking tray with baking paper.
2. Cook the barley in a medium saucepan of boiling water for 25 minutes, or until al dente. Add the lemon zest for the last minute of cooking time. Drain and transfer to a large bowl. Allow to cool slightly.
3. Meanwhile, place the cauliflower on a baking tray lined with baking paper and lightly spray with olive oil. Roast for 10 minutes. Add the broccoli to the tray. Sprinkle the cauliflower and broccoli with cumin. Roast for 10 minutes, or until vegetables are golden and tender.
4. Meanwhile, combine the yoghurt, tahini, lemon juice and 1 tablespoon water in a small bowl. Season with pepper.
5. Add the roasted vegetables, cabbage, mint, pine nuts and dressing to the salad. Gently toss to combine.

TIP: Tahini is a sesame seed paste with a delicious nutty taste. Look for it in the health food section of your supermarket.