



Broad bean, barley & mint salad

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



732 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 l vegetable stock
- ☐ 500 g broad bean fresh frozen podded (or use)
- ☐ 225 g pearl barley
- ☐ 2 handfuls mint leaves
- ☐ 200 g radishes quartered
- ☐ 100 g hazelnut whole toasted roughly chopped
- ☐ 140 g goat's cheese crumbled
- ☐ 4 tbsp olive oil

- ☐ 1 tbsp red wine vinegar
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp mint leaves finely chopped

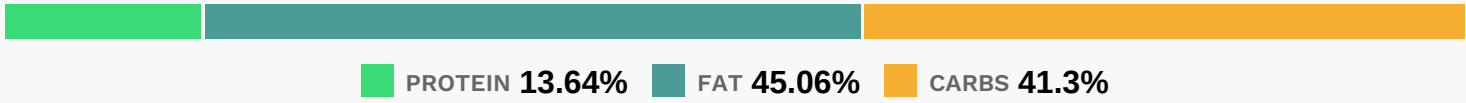
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Heat the stock in a medium saucepan until boiling, then add the broad beans and cook for 3 mins until they float. Using a slotted spoon, transfer to a bowl and run under cold water to stop them cooking further. Squeeze the beans from their skins, if desired.
- ☐ Add the pearl barley to the stock and simmer over a low heat for 40–45 mins until tender.
- ☐ Drain the barley, stir through the mint leaves while still warm, then leave to cool.
- ☐ For the dressing, whisk all the ingredients together, season generously and mix into the cooled barley.
- ☐ Serve on a large platter or individual plates, scattered with the radishes, hazelnuts and goats cheese.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:12.31, Inflammation Score:-9, Nutrition Score:30.448260848937%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin

3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 732.29kcal (36.61%), Fat: 37.81g (58.17%), Saturated Fat: 8.39g (52.45%), Carbohydrates: 77.96g (25.99%), Net Carbohydrates: 59.01g (21.46%), Sugar: 7.26g (8.06%), Cholesterol: 16.1mg (5.37%), Sodium: 1154.26mg (50.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.5%), Manganese: 2.91mg (145.68%), Fiber: 18.95g (75.81%), Copper: 1.28mg (64%), Folate: 191.37µg (47.84%), Phosphorus: 455.01mg (45.5%), Vitamin E: 5.87mg (39.14%), Magnesium: 151.83mg (37.96%), Selenium: 26.34µg (37.63%), Iron: 5.51mg (30.62%), Vitamin B1: 0.42mg (28.19%), Vitamin B6: 0.5mg (25.24%), Zinc: 3.56mg (23.77%), Potassium: 807.21mg (23.06%), Vitamin B2: 0.36mg (21.36%), Vitamin B3: 4.25mg (21.25%), Vitamin A: 1032.28IU (20.65%), Vitamin K: 18.12µg (17.26%), Calcium: 157.73mg (15.77%), Vitamin C: 11.58mg (14.04%), Vitamin B5: 0.92mg (9.18%), Vitamin B12: 0.07µg (1.11%)