

Barley and Tempeh Salad



Indulge in the wholesome goodness of our Barley and Tempeh Salad. A perfect blend of nourishing ingredients, delivering a delightful harmony of flavors and textures. Elevate your mealtime with this nutritious and satisfying delight!

Preparation 20 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 400

Fat 20

Carbohydrates 41

Fibre 18

Protein 19

Sodium 310

Ingredients

- 250 ml (1 cup) of pearl barley
- 240 g (1 block) of tempeh, cut into small cubes
- 250 ml (1 cup) of green beans, cut into pieces
- 15 ml (1 tbsp) of oil
- 15 ml (1 tbsp) of soy sauce

- 10 ml (2 tsp) of sambal oelek (Indonesian chili paste)
- 15 ml (1 tbsp) of Dijon mustard
- 5 ml (1 tsp) of ground turmeric
- 1/2 broccoli, cut into florets
- Approximately 10 cherry tomatoes, cut in half
- 30 ml (2 tbsp) of pumpkin seeds

Balsamic Vinaigrette

- 15 ml (1 tbsp) of Dijon mustard
- 15 ml (1 tbsp) of balsamic vinegar
- 1 clove of garlic, minced
- 1 green onion, chopped
- 45 ml (3 tbsp) of olive oil
- 15 ml (1 tbsp) of water
- 5 ml (1 tsp) of dried herbs
- Salt and pepper to taste

Preparation

1. In a pot of salted boiling water, cook the barley for 20 minutes over medium heat or until tender. Add the broccoli after 15 minutes for the last 5 minutes of cooking. Drain and rinse under cold water.
2. Meanwhile, in a pan, grill the tempeh in oil over medium heat with the green beans for 3 minutes. Add the soy sauce, sambal oelek, Dijon mustard, and turmeric, and cook while stirring occasionally for 5-7 minutes. Set aside.
3. Using a fork, mix all the vinaigrette ingredients together.
4. In a large bowl, mix the barley and broccoli mixture with the tempeh and green beans mixture. Add the vinaigrette, then mix everything together.

Notes



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