



Lentil & Pearl Barley Salad Bowl

Low GI • High Fibre • Great for Lunchboxes



Serves 4 • 25 minutes

INGREDIENTS

1 tbsp olive oil or rapeseed oil
1 onion or 2 shallots, sliced
3 cloves garlic, crushed
1 inch fresh ginger, grated
1–2 tbsp mild curry paste (or curry powder)
1 small cauliflower, chopped small
1 carrot, thinly sliced
1 handful asparagus, chopped
1 cup peas or broad beans
1 handful chard or spring greens, shredded
1 tin (400ml) coconut milk
150ml veg stock
1 lime (juice) to taste
salt & pepper
optional
fresh coriander or mint to finish



INSTRUCTIONS

Start the base

Warm the oil in a large pan. Add onion, garlic, and ginger. Cook 2–3 minutes until soft.

Add spices

Stir in curry paste or powder and cook for 1 minute to release flavour.

Add firm veg

Add cauliflower and carrot. Stir to coat in spices and cook 3 minutes.

Add coconut + stock

Pour in coconut milk and veg stock. Simmer 5 minutes until veg begins to soften.

Add tender veg

Add asparagus, peas/broad beans, and chard/spring greens. Simmer 3–4 minutes until bright and tender.

Finish

Add lime juice, season well, and adjust thickness with a splash more stock if needed.

Serve

Serve with brown rice, quinoa, or wholegrain flatbreads for a low-GI pairing.

From Hayle WellFed pilot – a partnership between Bodriggy Surgery, Sustainable Hayle / Good Shepherd Solutions (facilitating cookery sessions; community allotments) and Kehelland Trust (veg supply and farm visits). With thanks to Hayle Family Hub for their support.