

Pumpkin, Asparagus & Pearl Barley Salad

Ingredients: (Serves 4)

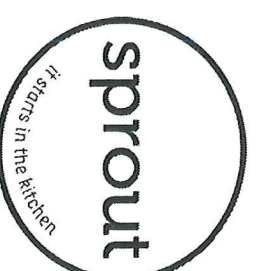
- 2/3 Cup pearl barley
- 1 Tablespoon honey
- 1 Tablespoon Dijon mustard
- 1.5 Tablespoons extra virgin olive oil
- Zest and juice of an orange
- 2 Tablespoons white wine vinegar
- 2 Teaspoon rice bran oil
- ¼ Butternut pumpkin, cut into 1cm dice
- 1 Bunch asparagus, cut into 4cm pieces
- 3 Cloves garlic, thinly sliced
- 4 Sprigs rosemary
- 2 Tablespoons of currants
- ¼ Cup roasted almonds, roughly chopped
- ½ Red onion, peeled and finely sliced
- Handful rocket or other bitter green
- 50g Feta, crumbled, to serve

Method:

- 1) Cook pearl barley in a saucepan of boiling water for 20-30 minutes or until just tender.
- 2) Meanwhile, whisk together honey, mustard, oil, orange juice and vinegar. Once pearl barley is cooked, drain well and stir through the mustard dressing.
- 3) Heat a frying pan over high heat. Add pumpkin to the pan. Cook for 1-2 minutes until starting to turn golden and soften then add asparagus and cook for a further minute. Add the garlic and rosemary and cook until garlic softens. Remove from heat.
- 4) Stir pumpkin and asparagus through pearl barley along with currants, roasted almonds, red onion and rocket. Crumble over feta to serve.

Nutrition Information (per serve):

Energy:	1382kJ (330 cal)	Sodium:	233mg
Protein:	9.4g	Sat Fat:	3.0g
Fat:	16.2g	Sugar:	14.8g
Carbohydrate:	33.6g	Fibre:	7.0g



Ricotta elderflower mousse with crunchy pepitass and seasonal fruit

Ingredients: (Serves 6)

- ½ Cup (125ml) thickened cream
- 1 Teaspoon vanilla bean paste
- 125g Ricotta
- 2 Tablespoons honey
- 1 Tablespoon rosewater
- Finely grated zest of a lemon (optional)
- ¼ Cup pepitass
- 2 Tablespoons brown sugar
- Seasonal fruit, to serve

Method:

- 1) Whisk the cream and vanilla to stiff peaks. Fold in ricotta, rose water, honey and lemon zest if using. The mousse can either be eaten straight away or refrigerated for later.
- 2) Heat a frying pan over high heat. Add the pepitass and toast, stirring often, until lightly golden. Add brown sugar, remove from heat and continue to stir to melt the brown sugar. Tip out the pepitass into a bowl or plate and allow to cool.
- 3) Use your fingers to crumble up the cooled pepitass. Divide mousse between tumblers, top with seasonal fruit and pepitass then serve.

Nutrition Information (per serve):

Energy:	783kJ (187 cal)	Sodium:	58mg
Protein:	4.6g	Sat Fat:	6.2g
Fat:	11.7g	Sugar:	13.7g
Carbohydrate:	14.4g	Fibre:	0.4g