

## Pearl Barley Tabouleh with Kale



*Ingredients: Serves 4.*

*250 g pearl barley, salt, 250 g package frozen kale, 1 carrot, ¼ celeriac, ½ leek, 8 TblSps olive oil, 10 shafts italian parsley, 6 shafts fresh mint, the zest and the juice from ½ lemon, the juice from 1 orange, pepper, sugar, 200 g feta cheese, 1 pomegranate*

*Preparation:*

*Prepare the pearl barley and the kale according the package descriptions. Drain both.*

*Peel the carrot and the celeriac, cut into 0,5 cm cubes. In a big pan, heat 4 TblSps olive oil and roast the carrots and the celeriac for app. 8 minutes.*

*Afterwards, put the vegetables into a big bowl and add the minced herbs, the lemon zest and juice, the orange juice, 4 TblSps olive oil, salt, a dash of sugar, the kale, the pearl barley, the pomegranate seeds and the feta cheese (picked to pieces). Mix well and season with pepper and salt.*

*Enjoy!*