Greek lemon & feta grain salad

**Ingredients**

330g (1½ cups) pearl barley

Lemon dressing

¼ cup currants

2 Tbsp lemon juice

2 Tbsp olive oil

Salad

400g can chickpeas, rinsed, drained

4 spring onions, sliced

1 cucumber, small dice

2 large celery sticks, trimmed, finely chopped

1 green capsicum, deseeded, finely chopped

½ cup fresh dill sprigs, coarsely chopped

½ cup chopped parsley chopped

½ cup fresh mint

**Method**

Step 1

Cook the 330g (1½ cups) pearl barley in a large saucepan of boiling water for 30 minutes or until just tender. Drain and set aside to cool for 30 minutes.

Step 2

Meanwhile, to make the lemon dressing, combine the 45g (1/4 cup) currants and lemon juice in a jar. Stand for at least 15 minutes for currants to soften. Add the 2 tbsp extra virgin olive oil, seal tightly with a lid and shake to mix.

Step 3

Coarsely chop the herbs; ½ cup fresh dill sprigs, , ½ cup fresh mint leaves, ½ cup fresh continental parsley leaves. Combine the barley, 400g (drained) can chickpeas, sliced shallots, cucumber, finely chopped vegetables and herbs in a large bowl.

Season with salt flakes and freshly ground black pepper. Drizzle with dressing and toss well to combine.

Step 4

Add the feta, crumbled into the bowl and toss gently to combine. Serve.