

# ROASTED TOMATO SALAD

*This makes a great main course for dinner at home or for a picnic. The roasted spicy flavours are delicious warm or cold.*

## Ingredients

- 1 cup pearl barley
- 1 ½ cup cherry tomatoes
- 1 tin chickpeas
- 1 onion
- 1 tsp rosemary
- 1 tsp salt
- 1 tsp smoked paprika
- 1 tsp sugar
- 2 tbsp olive oil



## Method

1. Wash and chop the cherry tomato in half.
2. Place the tomatoes on an oven tray with some oil, salt, sugar, and rosemary. Cook into the oven for 20 minutes 170°C. When roasted let them cool down for a few minutes as they can be scorching hot.
3. Cook the pearl barley in boiling water for about 30min, then drain and let it cool. Set aside.
4. Drain the chickpeas and season with some paprika
5. Chop the onion finely and mix it with the pearl barley in a large bowl.
6. Add the chickpeas and roasted tomatoes to the pearl barley bowl. Serve warm or cold.