# Fresh and Fruity Barley Salad

Serves 4

* 250 g (9oz) pearl barley
* 125 g (4oz) tenderstem broccoli, trimmed
* 2 peaches
* ½ cucumber, deseeded and diced
* Small handful fresh mint, roughly chopped
* 50 g (2oz) rocket
* 410 g tin chickpeas, drained and rinsed
* 2 tbsp balsamic vinegar
* 1 tbsp extra virgin olive oil

1. Put the pearl barley into a large pan and cover well with water. Add some salt and bring to the boil, then simmer for about 25min or until the barley is just tender.
2. Add the tenderstem broccoli for the final 3min of cooking. Drain and set aside.
3. Meanwhile, peel and halve the peaches and discard the stones. Cut each peach half into four wedges, then put the wedges into a large serving bowl. Add the cucumber, mint, rocket and chickpeas.
4. Add the balsamic vinegar, olive oil and some seasoning to the peach bowl, then lightly mix through the drained barley mixture. Check the seasoning and serve.