

FRAGRANT BARLEY

INGREDIENTS

- 2 Tbsp coconut oil
- 1 tsp celery seeds
- 2 tsp ground fennel seeds
- 2 tsp ground cilantro seeds
- 1 cup barley
- 1/2 cup mung beans
- 3 cups filtered water / veg stock
- cauliflower leaves
- salt & pepper to taste

PREPARATION

1. Prepare all the ingredients. Soak the mung beans for min 2 hours or more.
2. Heat coconut oil in a medium pan over medium heat. Add celery seeds, fennel and cilantro seeds. Sauté stirring frequently until nice and fragrant.
3. Add barley, mung beans, water or stock, bring to boil, then reduce the heat and let it simmer for about 40min or until the liquid is absorbed and barley soft.
4. In the meantime, heat a few drops of olive oil in a pan, chop cauliflower leaves and sauté over medium heat until slightly brown. Add salt and pepper to taste.
5. Combine cauliflower leaves with early when done and serve with fritters or salad.