



By Dr Saliha
Mahmood Ahmed

**BOWEL
RESEARCH
UK.**

Apple, Fennel and Grain Salad (Serves 4)

INGREDIENTS

250g boiled pearl barley
4 seasonal apples
1 small fennel bulb
Juice of 1 orange
3 tbsp extra virgin olive oil
1 teaspoon chilli flakes
1 teaspoon honey
Handful chopped dill
Salt to taste

DIRECTIONS

A perfect dish as an addition to a meal or for a sharing lunch. Try purchasing seasonal apples to help your gut microbiome.

1. Place the pearl barley in a bowl.
2. Slice the apples in half and remove the central seed and core.
3. Slice the crab apples and fennel finely on a mandolin and add these to the pearl barley.
4. Squeeze the juice of the orange into the bowl along with the olive oil, chili flakes, honey and dill.
5. Season with salt to taste.
6. Toss everything well to combine. Serve immediately.