



# Three-grain salad with salmon (texture modified diet)

## Ingredients (serves 1)

2 tbsp soft wheat	3 cherry tomatoes
3 tbsp barley	70 g carrot
2 tbsp quinoa	Mustard
80 g fresh salmon	Sherry vinegar
4 green asparagus	Extra virgin olive oil

Salt (Skip in case of hypertension or fluid retention)

## Method

1. Boil the cereals in abundant water with salt. The soft wheat and the barley must boil for thirty-five minutes and the quinoa for twenty minutes. Drain the cereals and let them cool. Reserve.
2. Peel and grate the carrot.
3. Blanch the asparagus for five minutes in boiling water. Drain and transfer to an ice bath. Strain and cut into 1-inch pieces.
4. Cut the cherry tomatoes in half.
5. Cut the salmon into large chunks. Cook over medium-high heat in a pan with a few drops of oil.
6. Make a vinaigrette with the mustard, vinegar, salt and oil.
7. Blend the cereals with water or a vegetable broth and some olive oil until puréed. Season with salt and pepper to taste.
8. Blend the cooked salmon, carrot and tomato with a tablespoon of the previous cereal purée.
9. Blend the asparagus, on its own, adding a tablespoon of the cereal purée into a similar texture to the previous one. Season with salt to taste.
10. Layer the different purées in a cup and season with the vinaigrette.

## Recommendations

In case of dysphagia, put the different purées through a very fine sieve, until they are smooth. Purées can be made runnier, by adding more liquid, or thicker, by adding a spoonful of mashed potato flakes, when pureeing.