



# Three-grain salad with salmon

## Ingredients (serves 1)

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

## 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. Set aside.
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, and olive oil.
7. Mix the boiled cereal with the carrot, asparagus, tomato, and pinch of salt. Garnish the salad with the salmon and season with the mustard vinaigrette.