

## The Superfood Salad

### Ingredients:

50 g pearl millet  
50 g sorghum  
100 g barley  
2 tbsp chopped tomato  
2 tbsp chopped onion  
1 tbsp chopped coriander  
1 tsp chopped parsley  
2 minced fresh chili, deseeded  
1 tbsp fried watermelon seeds  
3-4 tbsp pomegranate  
2 tbsp fried moong  
100 g hung yogurt  
1 tsp red chili powder  
2 tbsp olive oil  
1 tsp raw sugar  
½ tsp garlic powder  
1 tbsp lime  
Zest of same lime  
Salt & pepper to taste  
Garnish with any small or big greens



### Directions:

Soak the three grains overnight separately.  
Slow cook the pearl millet and sorghum in water for roughly 45 minutes (slow simmer). They should be soft to eat.  
Cook barley for 25 minutes until soft (slow simmer).  
Once cooked, strain and rinse in cold water and let dry.  
In a bowl, mix yogurt, chili powder, salt, pepper, parsley, coriander, sugar, olive oil, garlic powder, lime juice and zest, and chili.  
Add the onion and tomato to the grains and mix.  
Mix in the yogurt, reserving a tablespoon for plating.  
Smear the leftover yogurt on the bottom of a shallow bowl and top with grain mix.  
Top this with pomegranate, moong and fried watermelon seeds.  
Garnish with greens.

