



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Pearl Barley

The outer layers of barley are removed to make Pearl barley which leaves a nutty-tasting, slightly chewy grain that goes perfectly with risotto & fried fish!



## 1 Pearl Barley Risotto with Lemon Butter Fish

This rustic take on classic risotto will have you reaching for seconds. Nutty pearl barley, tomato-based sauce, lemon & butter fried fish and a crunchy sugar snap pea & feta topping.

 30 minutes

 2 servings

 Fish

28 May 2021

### *Cooking for fussy eaters?*

*You can serve wedged tomato and trimmed peas fresh on the side. Keep cooked pearl barley separate, potentially tossed with a little oil, pepper, salt, and fried garlic & onion.*



## FROM YOUR BOX

|                    |                 |
|--------------------|-----------------|
| PEARL BARLEY       | 150g            |
| RED ONION          | 1/2 *           |
| GARLIC CLOVE       | 1               |
| TOMATOES           | 2               |
| LEMON              | 1               |
| SUGAR SNAP PEAS    | 1/2 bag (75g) * |
| MINT               | 1/2 bunch *     |
| FETA CHEESE        | 1/2 block *     |
| WHITE FISH FILLETS | 1 packet        |

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, 1/2 stock cube (of choice, we used chicken), vinegar (of choice, we used white wine)

## KEY UTENSILS

2 frypans, saucepan

## NOTES

For extra flavour, season fish with lemon pepper.

**No fish option – white fish fillets are replaced with chicken schnitzels.** Increase cooking time to 4–5 minutes on each side or until cooked through.

**No gluten option – pearl barley is replaced with quinoa.** Reduce cooking time to 15 minutes.



### 1. COOK THE PEARL BARLEY

Place barley in a saucepan and cover with water. Bring to the boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse briefly.



### 2. MAKE THE RISOTTO BASE

Heat a frypan with **oil/butter** over medium–high heat. Slice onion, crush garlic and chop tomatoes, adding to pan as you go with 1 tsp lemon zest and 1 **tsp oregano**. Cook for 3 minutes, then add **1/2 cup water** and **crumbled stock cube**. Simmer for 8–10 minutes.



### 3. MAKE THE FRESH TOPPING

Trim and slice sugar snap peas and mint. Toss in a bowl with crumbled feta cheese (to taste), **2 tsp olive oil**, **1 tsp vinegar**, **salt and pepper**.



### 4. COOK THE FISH

Heat a frypan with **1 tbsp butter** over medium–high heat. Toss fish with **salt and pepper** (see notes). When butter is foaming, add the fish. Cook for 3–4 minutes each side, then squeeze over juice from 1/2 lemon.



### 5. FINISH THE RISOTTO

Add pearl barley to the risotto frypan. Stir well and season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Serve risotto into shallow bowls, top with fish and fresh topping. Add a lemon wedge on the side.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

