



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

 4 servings

 Fish

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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	300g
RED ONION	1
GARLIC CLOVES	2
TOMATOES	3
LEMON	1
SUGAR SNAP PEAS	1 bag (150g)
MINT	1/2 bunch *
FETA CHEESE	1/2 block *
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

2 large 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 lemon zest and **2 tsp oregano**. Cook for 3 minutes, then add **1 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, **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



4. COOK THE FISH

Heat a frypan with **2 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

