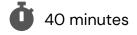




# Pearl Barley Risotto

Warm and hearty pearl barley risotto cooked with tomato sugo and sweet potato, served with soft cheese dolloped over to finish, and fresh watercress.





4 servings



# Spice it up!

Instead of adding water to cook the risotto, you can use your favourite stock to give extra flavour. Sprinkle over some dried chilli flakes and serve with a lemon wedge.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

20g 20g

)g

32g

#### FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
SWEET POTATO	1
PEARL BARLEY	1 packet (200g)
TOMATO SUGO	1 jar
WATERCRESS	1 sleeve
SOFT CHEESE	1 tub

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

#### **KEY UTENSILS**

large frypan with lid

#### **NOTES**

You can substitute dried thyme with dried or fresh rosemary, fennel seeds or Italian herbs.

No gluten option - pearl barley is replaced with arborio rice. Cook with 2 1/2 jars water then follow remaining instructions.



# 1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with oil. Dice onion and slice celery. Add to pan as you go, along with 1 tbsp dried thyme, and sauté for 3-4 minutes until onion begins to soften.



# 2. ADD THE PEARL BARLEY

Dice sweet potato. Add to the pan along with pearl barley and stir to combine.



### 3. SIMMER THE RISOTTO

Pour in tomato sugo and **2 jars water.** Season with **salt and pepper** and stir well. Simmer, covered, for 30 minutes. Stir occasionally while cooking.



## 4. FINISH AND SERVE

Trim watercress.

Evenly divide risotto among shallow bowls. Dot over cheese and serve with watercress.





