




### Product Spotlight: Pearl Barely


Barley is a member of the grass family and is a major cereal grain grown in temperate climates globally. It was thought to be first cultivated over 10,000 years ago!



## L4 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.

 40 minutes

 4 servings

 Vegetarian

8 April 2022

## 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** 20g **TOTAL FAT** 20g **CARBOHYDRATES** 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.

**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)

